

Monday 9:00 am		Tuesday 10:00 am		Wed. 10:00 am		Thurs. 10:00 am		Friday 9:00 am	
9-10 Coffee Hour	9-10 Walking Group	10- 12 Puzzle Group	10-11:30 Low Impact Exercise Sessions (DVD/ Video-led)	10-12 Open Social Game/Card Time	10:00-11:30 30 Min Beginning Low Impact Core/Strength Balance	10-11 Men's Coffee/Social Hour	10-11:30 Intermediate Low Impact Exercise sessions	9-10 Coffee Hour	9-10 Walking Group
9:30- 12 Open Social Game/Card Time	9:30-11:30 30 min Low Impact Exercise sessions (DVD/video led)	10-12 Open Social Games/Cards				10-12 Open Social Cards/Board Games Time		10-12 Open Social Cards/Board Games Time	9:30- 11:30 Open Exercise

Closed Daily for Lunch 12:00 pm – 1:00 pm

Mon. 1:00 pm – 3:00 pm		Tues. 1:00 pm – 3:00 pm		Wed. 1:00 pm – 4:00 pm		Thurs. 1:00 – 3:00 pm		Fri. 1:00 pm – 3:00 pm	
1:00 – 3:00 Puzzle Group	1:00 – 2:30 Low Impact Exercise sessions (DVD/video- led)	1:00- 3:00 Social Time Games/Cards	1:00-3:00 Drop In Weight/ machines/ Exercise sessions	1-4 Men's Open Social/Game Time	1-4:00 Intermediate Core/Strength Balance Open sessions	1-3 Open Social Cards/Game Time	1-3 Open Exercise Time	1-3 Puzzling Group & Games	1:30-2:30 Chair Volleyball
Social Board Games & Cards		1:00-3:00 Knit/Crochet							

Tues. 6:00 pm – 8:00 pm		Wed.	Thurs. 6:00 pm – 8:00 pm	
6:00 – 8:00 Drop in Social Games/Cards	6:00-8:00 Open Exercise (machines/ DVD/Video)		6:00- 8:00 Drop in Social Games/Cards	6:00-8:00 Open Exercise (machines/ DVD/Videos)