



WEEKLY ACTIVITIES

MONDAY

- 8:30 a.m. Exercise - CC & V
- 9 a.m. Knit & Crochet - CC
- 10 a.m. Karaoke
- 12:30 p.m. Musical BINGO

TUESDAY

- 8:30 a.m. Wii Bowling
- 9:30 a.m. Bridge
- 9 a.m. Unfinished Crafts - CC
- 10 a.m. Mindfulness 2.0 - CC & V
- 12:30 p.m. Pinochle

WEDNESDAY

- 8:30 a.m. Exercise - CC
- 9 a.m. Ceramics - CC
- 12:30 p.m. Hybrid BINGO
- 12:30 p.m. Pinochle

THURSDAY

- 8:30 a.m. Wii Bowling
- 8:45 a.m. Qui Gong Tai Chi - CC
- 9 a.m. Plastic Canvas
- 9:30 a.m. Bridge
- 10:30 a.m. Yoga, Meditation, & Health
- 12:30 p.m. Mahjong
- 1 p.m. Euchre

FRIDAY

- 8:30 a.m. Exercise - CC
- 9 a.m. Unfinished Crafts - CC
- 10 a.m. Karaoke
- 12:30 p.m. Pinochle
- 12:30 p.m. Musical BINGO
- 1:30 p.m. Movie

DAILY:

Quilting, Game Room, Computer Lab, Board Games, Lounge, Garden Area

All activities above take place at the Senior Center or Community Center unless otherwise noted.

Please note that program dates and times are subject to change.

DISCOVER.

IMAGINE.

GROW.

MON	TUE	WED	THUR	FRI
	1 8 a.m. Drop-In Pickleball - CC	2 8:30 a.m. Casino Trip - Talking Stick - RR	3 8:30 a.m. Drop-In Ping Pong - CC	4 8:30 a.m. Drop-In Ping Pong - CC 10 a.m. Gardening w/SummerWinds Nursery - RR 1:30 p.m. Movie In The Lounge - Dances with Wolves
7 9 a.m. A Matter of Balance - RR 9 a.m. Computer Class 4 p.m. Drop-In Ping Pong - CC	8 8 a.m. Drop-In Pickleball - CC 11:30 a.m. Out to Lunch: American Way Smokehouse - RR	9 10 a.m. Active Adult Advisory Committee Meeting - V	10 8:30 a.m. Drop-In Ping Pong - CC 8:30 a.m. Wii Bowling Tournament	11 8:30 a.m. Drop-In Ping Pong - CC 10:30 a.m. Entertainer - Jim L. 10:30 a.m. Dental Presentation - A.T. Still University 1:30 p.m. Movie In The Lounge - The Wedding Date
14 9 a.m. A Matter of Balance - RR 9 a.m. Cybersecurity Class 4 p.m. Drop-In Ping Pong - CC	15 8 a.m. Drop-In Pickleball - CC	16	17 8:30 a.m. Drop-In Ping Pong - CC 12:30 p.m. Loteria w/ Helping Hands Hospice 1 p.m. AARP - Driving Course	18 8:30 a.m. Drop-In Ping Pong - CC 8:30 a.m. Entertainer - MJ Moore 1:30 p.m. Movie In The Lounge - Twisters
21 9 a.m. A Matter of Balance - RR 9 a.m. Computer Class 4 p.m. Drop-In Ping Pong - CC	22 8 a.m. Drop-In Pickleball - CC	23	24 12 p.m. Birthday Celebration with Citadel 	25 8:30 a.m. Drop-In Ping Pong - CC 1:30 p.m. Movie In The Lounge - The Bridges of Madison County
28 9 a.m. A Matter of Balance - RR 4 p.m. Drop-In Ping Pong - CC	29 8 a.m. Drop-In Pickleball - CC	30		RR - Registration Required CC - Community Center V - In Person & Virtual Program