

Daily Activities

Monday

Library & Computer Lab 9:00am-1:00 pm
 Lunch 11:30am – 1:00pm
 Chi Gong 2:00-3:00pm
 Ping Pong 3:00-4:00pm

Tuesday

Library & Computer Lab 9:00am-1:00 pm
 Lunch 11:30am – 1:00pm
 Bingo 1:30-2:30pm
 Ping Pong 3:00-4:00pm

Wednesday

Library & Computer Lab 9:00am-1:00 pm
 Lunch 11:30am – 1:00pm
 Cribbage 1:00-3:00pm
 Intermediate Line Dancing 2:15-4:00pm

Thursday

Library & Computer Lab 1st & 3rd
 9:00am-1:00 pm
 Library & Computer Lab 2nd & 4th
 12:00- 1:00 pm

Lunch 11:30am – 1:00pm
 Over 50 & still kicking 2:15 – 3:15pm

Friday

Library & Computer Lab 9:00am-1:00 pm
 Chi Gong & Sun Style Tai Chi 10:00-11:00am
 Heritage Café Connection & Carry Out
 11:30am-12:15pm

Board/ Card Games 1:00-3:30pm

Octobers Activities

Oct. 12th Caregiver Support Group
 9:30 am-11:30am
 Oct. 18th Commodities Distribution
 10:00 -11:30am
 Oct. 24th Stamp Club 6:00-9:00 pm
 Oct. 26th Caregiver Support Group
 9:30 am-11:30am
 Oct.26st Birthday Celebration
 11:30-1:00 pm
 Oct. 30st Halloween lunch
 11:30 -1:00pm



Mon	Tues	Wed	Thurs
2 Ham & bean soup	3 Spanish lasagna	4 Seafood Newburg	5 Taco Salad
9 Chicken Noodle Casserole	10 Sloppy Joes	11 Pork W/ Apple Gravy	12 Cheese Ravioli
16 Spaghetti & Meatballs	17 Salisbury steak	18 Summer Berry Salad	19 Chicken Pesto Sandwich
23 Macaroni & cheese	24 Shrimp & Linguine	25 Philly Cheese Steak on WW Hoagie	26 Braised Pork Stew Birthday cake!!!!
30 Turkey Chili	31 Ghoul-lash		