

## 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 1<sup>st</sup> & 3<sup>rd</sup>  
 9:00am-1:00 pm  
 Library & Computer Lab 2<sup>nd</sup> & 4<sup>th</sup>  
 12:00- 1:00 pm

Lunch 11:30am – 1:00pm

### 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

## September Activities

Sept. 4<sup>th</sup> **All Sites Closed**

Sept. 14<sup>th</sup> Caregiver Support Group  
 9:30 am-11:30am

Sept. 20<sup>th</sup> Commodities Distribution  
 10:00 -11:30am

Sept. 21<sup>st</sup> Birthday Celebration 11:30-1:00 pm

Sept. 26<sup>th</sup> Stamp Club 6:00-9:00 pm

Sept. 28<sup>th</sup> Caregiver Support Group  
 9:30 am-11:30am



**Come join us for lunch!**

Mon	Tues	Wed	Thurs
4 Closed	5 Salisbury Steak	6 Summer Berry Salad	7 Chicken Pesto
11 Macaroni & Cheese	12 Shrimp & Linguini	13 Philly Cheese Steak	14 Pork Stew
18 Turkey Chili	19 Chinese Chicken Salad	20 Pulled Pork Sandwich	21 Lemon Dill Fish
25 Beef Stew	26 Mediterrane an Chicken	27 Meat Loaf & Gravy	28 Boeuf Bourguig non