

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

Martial arts for seniors 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

December Activities

Dec. 8th Holiday

Dec. 14th Caregiver Support group 9:30-11:30am

Dec. 20th Commodities Distribution
10:00 -11:30am

Dec. 26th Stamp Club 6:00-9:00pm

Dec. 28th Caregiver Support Group 9:30-11:30am

Dec. 28st Birthday Celebration 11:30-1:00 pm



Mon	Tues	Wed	Thurs
4 Creamy Chicken & Veggies	5 Stuffed Baked Potato	6 Chef Salad	7 Pot Roast & Gravy
11 Shepard's Pie	12 Chicken Cacciatore	13 Apple Pancake s	14 Baked Ham Holiday Meal!!!
18 Meat Loaf	19 Stuffed Cabbage	20 Beef Stroganoff w/ Egg Noodles	21 Chicken & Dumplings
25 Closed For the Holidays	26 Closed For the Holidays	27 Shrimp & Linguini	28 Taco Salad Birthday Cake !!