

Daily Activities

Monday

Library & Computer Lab 9:00am - 1:00pm
 Tech Support 11:00am – 1:00pm
 Lunch 11:30am – 12:30pm
 Musical talents Stan and Bob 12:30– 1:30pm

Qi Gong 2:00 - 3:00pm
 Ping Pong 3:00 - 4:00pm

Tuesday

Library & Computer Lab 9:00am - 1:00pm
 Lunch 11:30am – 12:30pm
 Mahjong 1:00 - 3:30pm
 Bingo 1:30 - 3:30pm
 Ping Pong 3:00 - 4:00pm

Wednesday

Library & Computer Lab 9:00am - 1:00pm
 Qi Gong 9:30am - 10:30am
 Lunch 11:30am – 12:30pm
 Musical talents Stan and Bob 12:30– 1:30pm

Cribbage 1:00 - 3:00pm
 Intermediate Line Dancing 2:15 - 4:00pm

Thursday

Library & Computer Lab 9:00am - 1:00 pm
 Lunch 11:30am – 12:30pm

Friday

Library & Computer Lab 9:00am - 1:00pm
 Chi Gong & Sun Style Tai Chi 10:00 - 11:00am
 Falun Dafa Yoga (bring yoga mat) 1:00 – 2:00pm
 Board/Card Games 1:00 - 3:30pm
 Self Defense for Seniors 2:15 - 3:15pm

October Specials

Oct. 10th Caregiver Support Group
9:30 – 11:30am

Oct. 16th Commodities Distribution
10 – 11:30am

Oct. 29th Stamp Club
6:00 – 9:00pm

Oct. 24th Caregiver Support Group
9:30 – 11:30am

Oct. 31st Birthday Celebration/Halloween Party
11:30 – 12:30pm

Happy Halloween!



Mon	Tues	Wed	Thurs
	1	2	3
	Ham & Bean Soup	Taco Salad	Braised Beef Roast
7	8	9	10
Hot Turkey Sandwich	Sloppy Joies	Braised Pork with Apples	Cheese Ravioli
14	15	16	17
Spaghetti & Meatballs	Braised Pork Stew	Chicken Pear Salad	Chicken Pesto Sandwich
21	22	23	24
Macaroni & Cheese	Meatloaf With Gravy	Shrimp & Linguini	Beef Stew
28	29	30	31
Turkey Chili	Gyros with Tzatziki Sauce	Soup & Sand- Witch	Roast Beast