

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					¹ 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	² Cribbage Tournament 1-4 p.m. Registration @ noon
³ BINGO <i>1:00 pm</i>	⁴ 9:00 am Qi Gong 10:00 am Exercises	⁵ 9:30 am Floor Exercises 10:00 am Exercises 11:00am Community Chorus 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program	⁶ 10:00 am Exercises 5:00 pm Meal Program <i>1:00 pm Arthritis Support</i>	⁷ 9:00 am Qi Gong 10:00 am Exercises <i>1:00 pm Grief Support</i> 1:30 pm Sip & Stitch	⁸ 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	⁹
¹⁰ BINGO <i>1:00 pm</i>	¹¹ 9:00 am Qi Gong 10:00 am Exercises TWEED Cannabis Educational Presentation 1:30 pm	¹² 9:30 am Floor Exercises 10:00 am Exercises 11:00am Community Chorus 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program <i>7:00 pm Family Support</i> <i>...for family & friends of individuals who have mental illness.</i> <i>7:00 pm Buddy Qi Gong</i>	¹³ 10:00 am Exercises 5:00 pm Meal Program <i>3:00 pm Yoga *</i> <i>*limited space</i> <i>advance sign up</i> <i>6:00 pm Dance Class</i>	¹⁴ 9:00 am Qi Gong 10:00 am Exercises 1:30 pm Sip & Stitch OPEN MIC NITE 7:00 PM	¹⁵ 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	¹⁶ Market Expo 10:00 am-4:00 pm
¹⁷ BINGO <i>1:00 pm</i> 	¹⁸ 9:00 am Qi Gong 10:00 am Exercises	¹⁹ 9:30 am Floor Exercises 10:00 am Exercises 11:00am Community Chorus 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program <i>7:00 pm</i> <i>Mood Disorder Support</i> <i>7:00 pm Buddy Qi Gong</i>	²⁰ 10:00 am Exercises 5:00 pm Meal Program <i>3:00 pm Yoga *</i> <i>*limited space</i> <i>advance sign up</i> <i>Dinner & Movie</i> <i>"Bohemian Rhapsody"</i> <i>Dinner 5:00 Movie 6:15</i> 	²¹ 9:00 am Qi Gong 10:00 am Exercises 1:30 pm Sip & Stitch Henderson School Grade 1's MATH GAMES 1:15 pm	²² 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	²³
²⁴ BINGO <i>1:00 pm</i>	²⁵ 9:00 am Qi Gong 10:00 am Exercises	²⁶ 9:30 am Floor Exercises 10:00 am Exercises 11:00am Community Chorus 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program <i>7:00 pm Buddy Qi Gong</i>	²⁷ 10:00 am Exercises 5:00 pm Meal Program <i>Lunch & Learn</i> <i>noon</i> <i>6:00 pm Dance Class</i>	²⁸ 9:00 am Qi Gong 10:00 am Exercises 1:30 pm Sip & Stitch	²⁹ 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	³⁰ Pancake Brunch 10:00am-1:00pm