

Activities

From C9

TUESDAY, APRIL 14

7:30 a.m.–1 p.m.: Coffee Shop
 9 a.m.: Quilting Club
 9 a.m.: Fitness Logic with Lee
 9 a.m.: Penny Bingo
 9 a.m.: Rock Steady Boxing (Fee)
 9:30 a.m.: Painting Class
 9:30 a.m.: Bible Study
 10 a.m.: Creative Writing
 10 a.m.: Tai Chi (Beginning)
 10:30 a.m.: SilverSneakers Classic Fitness
 11 a.m.: Belly Dancing
 11 a.m.: Mah Jongg (experienced players)
 11:30 a.m.: Jazz Dancercise
 11:30 a.m.: Mexican Train
 11:30 a.m.: Unlucky 7 Dice Game
 Noon: Ping Pong
 12:30 p.m.: Penny Bingo, Tap Dance
 12:30 p.m.: Tap Dance
 12:30 p.m.: Painting Class
 1 p.m.: Craft with Bickford

WEDNESDAY, APRIL 15

7:30 a.m.–1 p.m.: Coffee Shop
 7:45 a.m.: Walking Exercise
 8–9:30 a.m.: Biscuits and Gravy
 9 a.m.: Yoga
 9 a.m.: Duplicate Bridge
 9:30 a.m.: Painting Class
 9:30 a.m.: Android Phone Class with B
 10 a.m.: Chess

10 a.m.: Sexy & Fit after 40
 10:30 a.m.: Open Jam Session
 \$-1 Guests
 11 a.m.: Choir Practice
 11 a.m.–12:30 p.m.: Full lunch
 11:30 a.m.: Phase 10
 Noon: 500 Card Club
 12:30 p.m.: Chair Yoga
 1 p.m.: Coloring Corner
 1 p.m.: Chair Cardio

THURSDAY, APRIL 16

7:30 a.m.–1 p.m.: Coffee Shop
 9 a.m.: Penny Bingo
 9 a.m.: Tattng
 9 a.m.: Rock Steady Boxing (Fee)
 9 a.m.: Bellydancing
 9 a.m.: Line Dance Beginner, Registration Req.
 9 a.m.: SilverSneakers Classic Fitness
 9 a.m.: Beginner Bridge
 10 a.m.: Canasta
 11 a.m.: Mah Jongg (beginner lessons offered)
 11:30 a.m.: Woodcarving
 11:30 a.m.: Cribbage
 Noon: Open Bridge
 12:30 p.m.: Penny Bingo
 1 p.m.: Ping Pong
 1 p.m.: Karaoke

FRIDAY, APRIL 17

7:30 a.m.–1 p.m.: Coffee Shop
 9 a.m.: Fitness Friday
 9 a.m.: Mixed Media Art Class/
 Vivian Miller
 10 a.m.: Chair Yoga with Kaye
 10 a.m.: STYL meeting (Take Off

Pounds Sensibly)
 11 a.m.–12:30 p.m.: Full lunch
 11:30 a.m.: Open Bridge Group
 Noon: 500 Card Club
 Noon: Card/Board Game Group-Misc.
 12:30 p.m.: Open Craft Time
 1–3:30 p.m.: Friday Dance Featuring Country Brew

SATURDAY, APRIL 18

7-10 pm Dance Party with The Fabulous Fitty

MONDAY, APRIL 20

7:30 a.m.–1 p.m.: Coffee Shop
 7:45 am Walking Exercise
 9 a.m.: Senior Yoga (CD)
 9:30 a.m.: Cornhole
 9:30 a.m.: Intermediate/Advanced Bridge
 10 a.m.: Knitting & Crocheting
 10 a.m.: Beginning Tap Dance
 10 a.m.: Tai Chi (Advanced)
 10 a.m.: Canasta
 11 a.m.: Balance Class
 11:30 a.m.: Woodcarving
 11:30 a.m.: Cribbage
 Noon: Bunco-\$1 entry
 Noon: Pinochle
 Noon: Bridge-Duplicate
 12-1 p.m.: Team Trivia
 12:30 p.m.: Chair Yoga
 1 p.m.: Chair Cardio
 1 p.m.: Parkinson's Support Group

TUESDAY, APRIL 21

7:30 a.m.–1 p.m.: Coffee Shop
 9 a.m.: Quilting Club

9 a.m.: Fitness Logic with Lee
 9 a.m.: Penny Bingo
 9 a.m.: Rock Steady Boxing (Fee)
 9:30 a.m.: Painting Class
 9:30 a.m.: Bible Study
 10 a.m.: Creative Writing
 10 a.m.: Tai Chi (Beginning)
 10:30 a.m.: SilverSneakers Classic Fitness

11 a.m.: Belly Dancing
 11 a.m.: Mah Jongg (experienced players)
 11:30 a.m.: Jazz Dancercise
 11:30 a.m.: Mexican Train
 11:30 a.m.: Unlucky 7 Dice Game
 12:30 p.m.: Penny Bingo
 12:30 p.m.: Tap Dance
 12:30 p.m.: Painting Class
 1 p.m.: Ping Pong
 1-3 pm Jukebox Dance Party

WEDNESDAY, APRIL 22

7:30 a.m.–1 p.m.: Coffee Shop
 7:45 a.m.: Walking Exercise
 8–9:30 a.m.: Biscuits and Gravy
 9 a.m.: Yoga
 9 a.m.: Duplicate Bridge
 9:30 a.m.: Painting Class
 10 a.m.: Chess
 10 am Tech Class with Pam from Connections
 10 a.m.: Sexy & Fit after 40
 10:30 a.m.: Open Jam Session
 -\$1 Guests
 11 a.m.: Choir Practice
 11 a.m.–12:30 p.m.: Full lunch
 11:30 a.m.: Phase 10
 Noon: 500 Card Club
 12:30 p.m.: Chair Yoga
 1 p.m.: Coloring Corner
 1 p.m.: Chair Cardio

THURSDAY, APRIL 23
 7:30 a.m.–1 p.m.: Coffee Shop
 9 a.m.: Penny Bingo
 9 a.m.: Tattng
 9 a.m.: Rock Steady Boxing (Fee)
 9 a.m.: Bellydancing
 9 a.m.: Line Dance Beginner, Registration Req.
 9 a.m.: SilverSneakers Classic Fitness
 9 a.m.: Beginner Bridge
 10 a.m.: Canasta
 11 a.m.: Mah Jongg (beginner lessons offered)
 11:30 a.m.: Woodcarving
 11:30 a.m.: Cribbage
 Noon: Open Bridge
 12:30 p.m.: Penny Bingo
 1 p.m.: Ping Pong

1 p.m.: Karaoke
FRIDAY, APRIL 24
 7:30 a.m.–1 p.m.: Coffee Shop
 9 a.m.: Fitness Friday
 9 a.m.: Mixed Media Art Class/
 Vivian Miller
 10 a.m.: Chair Yoga with Kaye
 10 a.m.: STYL meeting (Take Off Pounds Sensibly)
 11 a.m.–12:30 p.m.: Full lunch
 11:30 a.m.: Open Bridge Group
 Noon: 500 Card Club
 Noon: Bunco-\$1 entry
 Noon: Card/Board Game Group-Misc.
 12:30 p.m.: Open Craft Time
 1–3:30 p.m.: Friday Dance Featuring Roy King and the Rusty Buckets

MONDAY, APRIL 27

7:30 a.m.–1 p.m.: Coffee Shop
 7:45 a.m.: Walking Exercise
 9 a.m.: Senior Yoga (CD)
 9:30 a.m.: Cornhole
 9:30 a.m.: Intermediate/Advanced Bridge
 10 a.m.: Knitting & Crocheting
 10 a.m.: Tai Chi (Advanced)
 10 a.m.: Canasta
 10 a.m.: Beginning Tap Dance
 11 a.m.: Balance Class
 11:30 a.m.: Woodcarving
 11:30 a.m.: Cribbage
 Noon: Pinochle
 Noon: Bridge-Duplicate
 12:30 p.m.: Chair Yoga
 1 p.m.: Chair Cardio

TUESDAY, APRIL 28

7:30 a.m.–1 p.m.: Coffee Shop
 9 a.m.: Quilting Club
 9 a.m.: Fitness Logic with Lee
 9 a.m.: Penny Bingo
 9 a.m.: Rock Steady Boxing (Fee)
 9:30 a.m.: Painting Class
 9:30 a.m.: Bible Study
 10 a.m.: Creative Writing
 10 a.m.: Tai Chi (Beginning)
 10 a.m.: Talk Show: History of Palmer Candy
 10:30 a.m.: SilverSneakers Classic Fitness
 11 a.m.: Belly Dancing
 11 a.m.: Mah Jongg (experienced players)
 11:30 a.m.: Jazz Dancercise
 11:30 a.m.: Mexican Train
 11:30 a.m.: Unlucky 7 Dice Game
 12:30 p.m.: Penny Bingo
 12:30 p.m.: Tap Dance

12:30 p.m.: Painting Class
 1 p.m.: Ping Pong
WEDNESDAY, APRIL 29
 7:30 a.m.–1 p.m.: Coffee Shop
 7:45 a.m.: Walking Exercise
 8–9:30 a.m.: Biscuits and Gravy
 9 a.m.: Yoga
 9 a.m.: Duplicate Bridge
 9:30 a.m.: Painting Class
 9:30 a.m.: Android Phone Class with B
 10 a.m.: Chess
 10 a.m.: Sexy & Fit after 40
 10:30 a.m.: Open Jam Session
 -\$1 Guests
 11 a.m.: Choir Practice
 11 a.m.–12:30 p.m.: Full lunch
 11:30 a.m.: Phase 10
 Noon: 500 Card Club
 12:30 p.m.: Chair Yoga
 1 p.m.: Coloring Corner
 1 p.m.: Chair Cardio

THURSDAY, APRIL 30

7:30 a.m.–1 p.m.: Coffee Shop
 9 a.m.: Penny Bingo
 9 a.m.: Tattng
 9 a.m.: Rock Steady Boxing (Fee)
 9 a.m.: Bellydancing
 9 a.m.: Line Dance Beginner, Registration Req.
 9 a.m.: SilverSneakers Classic Fitness
 9 a.m.: Beginner Bridge
 10 a.m.: Canasta
 11 a.m.: Mah Jongg (beginner lessons offered)
 11:30 a.m.: Woodcarving
 11:30 a.m.: Cribbage
 Noon: Open Bridge
 12:30 p.m.: Penny Bingo
 1 p.m.: Ping Pong
 1 p.m.: Karaoke

FRIDAY, MAY 1

7:30 a.m.–1 p.m.: Coffee Shop
 9 a.m.: Fitness Friday
 9 a.m.: Mixed Media Art Class/
 Vivian Miller
 10 a.m.: Chair Yoga with Kaye
 10 a.m.: STYL meeting (Take Off Pounds Sensibly)
 11 a.m.–12:30 p.m.: Full lunch
 11 a.m.–1 p.m.: Shredtastic
 11:30 a.m.: Open Bridge Group
 Noon: 500 Card Club
 Noon: Card/ Board Game Group-Misc.
 12:30 p.m.: Open Craft Time
 1–3:30 p.m.: Friday Dance Featuring Ed Tryon

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