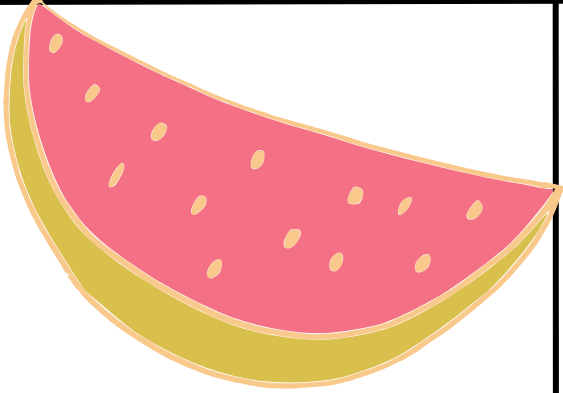
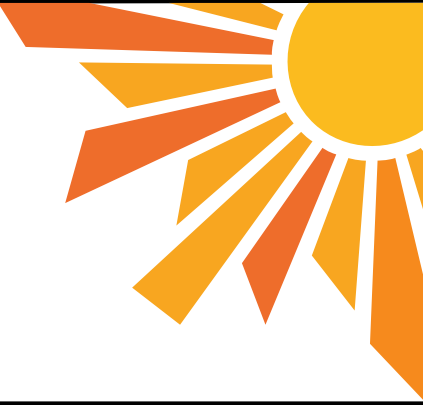


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Color Code</u> Exercise Transportation Social Events Seminars	<u>After Hour Maintenance</u> <u>Emergency.</u> 518.419.6661 & wait for live operator					1 12:00 - 2:00pm - Pool Open 5:00 - Resident Led Game Night
2 11:30 Non-Denominational Service 2:00 - Cornhole 3:00 - LRC (Left, Right, Center) 5:00 Movie Night	3 9:00 - Men's Coffee Club 11:00 Trader Joe's 1:00 - Chair Zumba 3:00 - Bingo 6:00 Line Dancing	4 9:00am - 12:00pm - Dr Appt 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga	5 9:30 - Stretch & Balance 10:00- Elm Avenue Town Park 3:00 - LRC 4:30-5:30 Open Swim	6 11:00 - Aqua Aerobics 12:00 - Chair Yoga 10:00 - Grab-n-Go Breakfast 2:00 - Creative Crafts 6:00- Mahjong	7 9:00 - Women's Coffee Club 1:00 - Chair Zumba 12:30 - Pinochle Club 3:00- Bingo	8 12:00 - 2:00pm - Pool Open 5:00 - Resident Led Game Night with snacks
9 11:30 Non-Denominational Service 2:00 - Cornhole 3:00 - LRC (Left, Right, Center)	10 9:00 - Men's Coffee Club 11:00 - Market 32 1:00 - Chair Zumba 1:00 - Mani's & Mamosa's 2:00 - Bingo 6:00 Line Dancing	11 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga	12 9:30 - Stretch & Balance 1:00 - Birthday Party 3:00 - LRC 4:30-5:30 Open Swim	13 9:00am - 12:00pm - Dr Appt 11:00 - Aqua Aerobics 12:00 - Chair Yoga 6:00- Mahjong	14 9:00 - Women's Coffee Club 10:30 - Book Club 11:00 - Track 32 1:00 - Chair Zumba 12:30 - Pinochle Club 3:00- Bingo with snacks 	15 12:00 - 2:00pm - Pool Open 5:00 - Resident Led Game Night
16 11:30 Non-Denominational Service 2:00 - Cornhole 3:00 - LRC (Left, Right, Center) 5:00 Movie Night	17 9:00 - Men's Coffee Club 11:00 - Walmart 1:00 - Chair Zumba 3:00 - Bingo 6:00 Line Dancing	18 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga 1:00 Medicare Seminar	19 9:30- Stretch & Balance 3:00 - LRC 4:00 Happy Hour and Dancing! 4:30-5:30 Open Swim	20 11:00 - Aqua Aerobics 12:00 - Chair Yoga 2:00 - Cornhole 6:00- Mahjong	21 9:00 - Women's Coffee Club 11:00 - Cracker Barrel 12:30 - Pinochle Club 1:00 - Chair Zumba 3:00- Bingo 6:00 Karaoke Night!	22 12:00 - 2:00pm - Pool Open 5:00 - Resident Led Game Night with snacks
23/30 11:30 Non-Denominational Service 2:00 - Cornhole 3:00 - LRC (Left, Right, Center)	24/31 9:00 - Men's Coffee Club 1:00 - Chair Zumba 3:00 - Bingo 6:00 Line Dancing	25 10:00 - Functional Training 11:00 - Aqua Aerobics 12:00 - Chair Yoga	26 9:30 - Stretch & Balance 12:00 - LRC 1:00 - Blood Pressure Readings 3:00 - Candlelight Dinner 4:30-6:30 Open Swim	27 11:00 - Aqua Aerobics 12:00 - Chair Yoga 2:00 - Creative Crafts 6:15pm - 8:15pm - Open Swim 6:00- Mahjong	28 9:00 - Women's Coffee Club 12:30 - Pinochle Club 1:00 - Chair Zumba 3:00- Bingo	29 12:00 - 2:00pm - Pool Open 5:00 - Resident Led Game Night