

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:30 Sit Be Fit 11:00 Word Search 1:00 Nifty Nails 3:00 Corn Hole 7:00 Movie	9:30 Morning Stretch 11:00 Walking Club 1:00 Crafting 3:00 Book Club 7:00 Movie	9:30 Body Mechanics 11:00 Trivia 1:00 Puzzles 3:00 Throwing Horseshoes 7:00 Movie & Popcorn	9:30 Exercise 11:00 Coloring Animals 1:00 Book Club 3:00 Trivia 7:00 Movie
9:30 Morning Move 11:00 Walking Club 1:00 Spa Time 3:00 Church Service TV 7:00 Movie & Popcorn	9:30 Sit & Be Fit 10:00 Music Sing Along 1:00 Trivia 3:00 Puzzles 7:00 Movie	9:30 Wake Up Stretch 11:00 Holiday Coloring 1:00 Bean Bag Toss 3:00 Bowling 7:00 Movie & Popcorn	9:30 Wake Up Body 11:00 Dance Party 1:00 Tea & Talk 3:00 Nifty Nails 7:00 Movie	9:30 Body Mechanics 11:00 Walking Club 1:00 Cornucopia Coloring 3:00 Let's Play Cards 7:00 Movie	9:30 Toning Up 11:00 Nifty Nails 1:00 Corn Hole 3:00 Board Games 7:00 Movie & Popcorn	9:30 Easy Work Out 11:00 Puzzles 1:00 Trivia 3:00 Book Club 7:00 Movie & Popcorn
9:30 Sit & Be Fit 11:00 Picture Books 1:00 Puzzles 3:00 Church Service TV 7:00 Movie & Popcorn	9:30 Body Mechanics 10:00 Music Sing Along 1:00 Throwing Horseshoes 3:00 Walking Club 7:00 Movie & Popcorn	9:30 Toning Up 11:00 Tea Talk 1:00 Nifty Nails 3:00 Card Games 7:00 Movie & Popcorn	9:30 Easy Work Out 11:00 Walking Club 1:00 Spa Day 3:00 Balloon Volley 7:00 Movie	9:30 Chair Aerobics 11:00 Music Man 1:00 Puzzles 3:00 Creative Coloring 7:00 Movie & Popcorn	9:30 Sit Be Fit 11:00 Dance Music 1:00 Trivia 3:00 Walking Club 7:00 Movie & Popcorn	9:30 Body Move 11:00 Word Search 1:00 Card Games 3:00 Spa Time 7:00 Movie
9:30 Exercise 11:00 Trivia 1:00 Book club 3:00 Church Service TV 7:00 Movie	9:30 Wake Up Body 10:00 Music Sing Along 1:00 Turkey Hands 3:00 Puzzles 7:00 Movie	9:30 Morning Move 11:00 Dance Music 1:00 Balloon Volley 3:00 Book Club 7:00 Movie	9:30 Toning Up 11:00 Nifty Nails 1:00 Trivia 3:00 Bean Bag Toss 7:00 Movie	9:30 Sit & Be Fit 11:00 Tea & Talk 1:00 Walking Club 3:00 Book Club 7:00 Movie & Popcorn Happy Thanksgiving!	9:30 Easy Workout 11:00 Good News Gram 1:00 Spa Time 3:00 Throwing Horseshoes 7:00 Movie	9:30 Morning Warm Up 11:00 Puzzles 1:00 Walking Club 3:00 Trivia 7:00 Movie & Popcorn
9:30 Morning Stretch 11:00 Puzzles 1:00 Walking Club 3:00 Church Service TV 7:00 Movie & Popcorn	9:30 Chair Aerobics 10:00 Music Sing Along 1:00 Trivia 3:00 Bean Bag Toss 7:00 Movie	9:30 Sit & Be Fit 11:00 Word Find 1:00 Nifty Nails 3:00 Book Club 7:00 Movie & Popcorn	9:30 Body Mechanics 11:00 Coffee Club 1:00 Walking Club 3:00 Tea & Talk 7:00 Movie	9:30 Easy Workout 11:00 Puzzles 1:00 Ornament Making 3:00 Corn Hole 7:00 Movie		

