



Weekly Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:45 am		Zumba w/Irma Dining Room	Yoga DVD Dining Room	Yoga Movement w/Leslie Dining Room	Yoga DVD Dining Room
8:00 am	Cardio Dance Aerobics Dining Room Ping Pong MPR	Stitches for Kids Activity Room	Pickleball Dining Room	Ping Pong MPR	
8:30 am		Rug Hooking Activity Room			
9:00 am	Exercise w/Art Dining Room Gladys Computer Aid Computer Room Quilting Bees/Quilting for Good Times Arts & Crafts Room	Exercise w/Art Dining Room	Knitting/Crochet Meeting Rooms 10 & 11 Jewelry Making Arts & Crafts Room	Exercise w/Art Dining Room	Groovin' w/Dolores Dining Room Gladys Computer Aid Computer Room
10:00 am			BINGO MPR	Stained Glass Arts & Crafts Room	Loteria w/the Friends Dining Room
10:15 am	Line Dancing Dining Room	Line Dancing Dining Room		Line Dancing Dining Room	
11:30 am		Scrapbooking Activity Room			
12:00 pm	Lunch Dining Room	Lunch Dining Room	Lunch Dining Room	Lunch Dining Room Wood Carving MPR	Lunch Dining Room
12:30 pm	Sit n' Sew Arts & Crafts Room				
1:00 pm	Spanish Class MPR		Movie & Popcorn TV Room Sewing Class Arts & Crafts Room		Chair Exercise MPR Come Dance w/Us Community Room
1:30 pm	Pickleball Dining Room				Pickleball Dining Room