

Weekly Clubhouse Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardiac Chair Exercise @ 9:00		Cardiac Chair Exercise @ 9:00	Cardiac Chair Exercise @ 9:00		
	Aerobic Walking Workout at 9:30		Aerobic Walking Workout at 9:30	Aerobic Walking Workout at 9:30		
	9:00am @ Pool Water Aerobics	9:00am @ Pool Water Aerobics	9:00am @ Pool Water Aerobics	9:00am @ Pool Water Aerobics	9:00am @ Pool Water Aerobics	9:00am @ Pool Water Aerobics
	8:30am Shuffleboard		8:30am Shuffleboard		9:00am Coffee & Donut Social	
				2pm – 3:30pm Line Dance	9:30 Community Board Meeting	
	6:30pm Show Me the Money					
	7:00pm Library Bid Euchre	Buy Cards Early BINGO Starts @ 7:00pm		7:00pm Euchre Night		