



Weekly Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:45 am			Yoga (DVD) MPR		Yoga (DVD) Dining Room
8:00 am	Ping Pong MPR	Stitches for Kids Activity Room		Ping Pong MPR	
8:30 am		Rug Hooking Activity Room			
9:00 am	Rockin' w/Raquell Dining Room Gladys Computer Aid Computer Room Quilting Bees/Quilting for Good Times Arts & Crafts Room	Rockin' w/Raquell Dining Room	Knitting/Crochet Meeting Rooms 10 & 11 Jewelry Making Arts & Crafts Room	Rockin' w/Raquell Dining Room	Groovin' w/Dolores Dining Room Gladys Computer Aid Computer Room
9:30 am	Tai Chi (DVD) MPR				Chair Exercise (DVD) MPR
10:00 am			BINGO Dining Room	Stained Glass Arts & Crafts Room	Loteria Dining Room
10:15 am					
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			Chair Exercise (DVD) MPR Movie & Popcorn TV Room Sewing Class Arts & Crafts Room		Come Dance w/Us Community Room
1:30 pm	Pickleball Dining Room		Pickleball Dining Room		Pickleball Dining Room