

| Sunday                                                                              | Monday                                                                                                   | Tuesday                                                                                                           | Wednesday                                                                                                               | Thursday                                                                                       | Friday                                                                              | Saturday                                                                              |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|    | Van shopping trips to Stop and Shop on Tuesdays. Walmart trips by request                                |                                                                                                                   | 9:00 Foot Care<br>9:30 Yoga<br>10:00 Cribbage<br>11:00 Exercise<br>Dementia Care Partners Group at Milne<br>1:00 Bridge | 9:30 Tai Chi<br>10:00 Reiki<br>11:00 Exercise<br>1:00 Icecream Social                          |  |                                                                                       |
|                                                                                     | 9:30 Yoga<br>11:00 Exercise<br>1:00 Karyns Exercise Class<br>2:00 Tech tips with Destiny<br>3:00 Tai Chi | 9:00 Painting<br>12:30 Red Cross<br>2:00 Scrabble                                                                 | 9:30 Yoga<br>10:00 Cribbage<br>11:00 Exercise<br>1:00 Bridge                                                            | 9:30 Tai Chi<br>10:00 Reiki<br>11:00 Exercise<br>1:30 Diabetes<br>4:30 Fall Prevention         | 9:00 Coffee<br>9:30 Yoga<br>11:00 Exercise<br>1:00 Bingo<br>1:30 Blood Pressure     | 10:00 Scrappy Knights of Cancer                                                       |
|  | 9:30 Yoga<br>11:00 Exercise<br>1:00 Karyns Exercise Class<br>2:00 Tech tips with Destiny<br>3:00 Tai Chi | 9:00 Painting<br>1:00 Cornhole<br>2:00 Scrabble                                                                   | 9:30 Yoga<br>10:00 Cribbage<br>11:00 Exercise<br>12:30 Super Bingo<br>1:00 Bridge                                       | 9:30 Tai Chi<br>10:00 Reiki<br>11:00 Exercise /Memory Cafe @ Sweetwood<br>4:30 Fall Prevention | 9:00 Coffee<br>9:30 Yoga<br>12:30 Hearthway Cookout                                 | 1:00 Saturday Art Group                                                               |
|                                                                                     | 9:00 Haircuts<br>9:30 Yoga<br>11:00 Exercise<br>1:00 Karyns Exercise Class<br>3:00 Tai Chi               | 8:00 Walking<br>9:00 Painting<br>12:30 Yogurt Bar /Skin Cancer Awareness<br>2:00 Scrabble<br>4:00 Weight Training | 9:30 Yoga<br>10:00 Cribbage<br>11:00 Exercise<br>1:00 Bridge                                                            | 9:30 Tai Chi<br>10:00 Reiki<br>11:00 Exercise<br>1:00 Open Mike<br>4:30 Fall Prevention        | 9:00 Coffee<br>9:30 Yoga<br>11:00 Exercise<br>1:00 Bingo<br>BROWN BAG               |                                                                                       |
|                                                                                     | 9:30 Yoga<br>2:00 Tech tips with Destiny<br>3:00 Tai Chi                                                 | 8:00 Walking<br>9:00 Painting<br>1:00 Cornhole<br>2:00 Scrabble<br>4:00 Weight Training                           | 9:30 Yoga<br>10:00 Cribbage<br>1:00 Bridge                                                                              | 9:30 Tai Chi<br>10:00 Reiki<br>11:00 Exercise<br>4:30 Fall Prevention                          | 9:00 Coffee<br>9:30 Yoga<br>11:00 Exercise<br>1:00 Bingo                            |  |