

ACTIVITIES

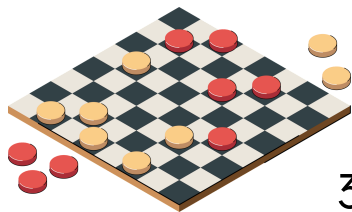
Schedule

MONDAY

- 10:00 AM • Chair Yoga
- 11:00 AM • Neighborhood Stroll
- 1:00 PM • Glow-Up Hour
- 3:30 PM • Let's Get Some Fresh Air



TUESDAY



- 10:00 AM • Balance + Mobility Training
- 11:00 AM • Neighborhood Stroll
- 1:00 PM • Games & Puzzles
- 3:30 PM • Let's Get Some Fresh Air

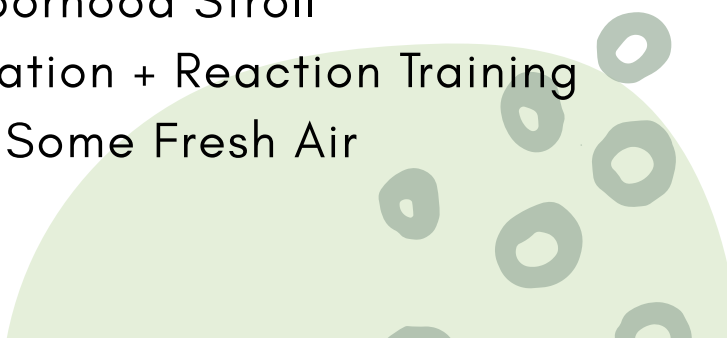
WEDNESDAY

- 10:00 AM • Gentle Strength Training
- 11:00 AM • Neighborhood Stroll
- 1:00 PM • Arts & Crafts
- 3:30PM • Let's Get Some Fresh Air



THURSDAY

- 10:00 AM • Balance + Mobility Training
- 11:00 AM • Neighborhood Stroll
- 1:00 PM • Hand-Eye Coordination + Reaction Training
- 3:30PM • Let's Get Some Fresh Air



ACTIVITIES

Schedule

FRIDAY

10:00 AM • Hand-Eye Coordination Training



11:00 AM • Neighborhood Stroll

1:00 PM • Toe Tappin' Tunes + Karaoke

3:30 PM • Let's Get Some Fresh Air

SATURDAY



10:00 AM • Let's Dance!

11:00 AM • Neighborhood Stroll

1:00 PM • BINGO BONANZA

3:30 PM • Let's Get Some Fresh Air



SUNDAY



10:00 AM • Chair Yoga

11:00 AM • Neighborhood Stroll

1:00 PM • BINGO BONANZA

3:30PM • Let's Get Some Fresh Air

