

**Wellness Programs & Centers**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Served Daily :</b> <b>8 9 a.m. Breakfast</b> <b>11:30 a.m. 12:30 p.m. Lunch</b> <b>(Members Only):</b>	9:30-10:30 a.m. Line Dancing 10:30-11:30 a.m. Pneumonia Vaccine by Walgreens 12:00-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun
4 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 11 a.m.-12 p.m. "Balance and Fall Prevention" 12:20-2:30 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun	5 8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 1-2 p.m. Beanbag Baseball 2-4 p.m. Senior Games and Fun	6 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only) D-Day, World War II	7 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba 10 a.m.-12 p.m. Pickleball at Mel Ott (Members Only) 11:05 a.m.-12:05 p.m. Senior Fit and Fun	8 9:30-10:30 a.m. Line Dancing 10:45 a.m.-12:15 p.m. Crafts with Ms. Cathey 12:00-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun
11 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun	12 8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:30-11:30 a.m. Pro Bono Project 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 1-2 p.m. Beanbag Baseball 2-4 p.m. Senior Games and Fun	13 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)	14 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba 10 a.m.-12 p.m. Pickleball at Mel Ott (Members Only) 11:05 a.m.-12:05 p.m. Senior Fit and Fun Flag Day	15 12-3 p.m. 4 <sup>th</sup> Annual Luau (Members Only)
18 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 11:00-11:30 a.m. "Medicare and Muffins" 12-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun	19 8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 1-2 p.m. Beanbag Baseball 2-4 p.m. Senior Games and Fun	20 9:30-10:30 a.m. Line Dancing 10:30 a.m.-12:00 p.m. Hearing Screenings 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)	21 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba 10 a.m.-12 p.m. Pickleball at Mel Ott (Members Only) 11:05 a.m.-12:05 p.m. Senior Fit and Fun First Day of Summer	22 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun
25 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba and Flexibility 12-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun	26 8:30-9:30 a.m. Garden Walk 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Indoor/Outdoor Silver Circuit 12:15-1:00 p.m. Drum Circles 1-2 p.m. Beanbag Baseball 2-4 p.m. Senior Games and Fun	27 9:30-10:30 a.m. Line Dancing 10:35-11:35 a.m. Yoga 11:00 a.m.-12:45 p.m. Trolley to Grocery Store (Members Only)	28 8:30-9:30 a.m. Garden Walk 10-11 a.m. Zumba 10 a.m.-12 p.m. Pickleball at Mel Ott (Members Only) 11:05 a.m.-12:05 p.m. Senior Fit and Fun	29 9:30-10:30 a.m. Line Dancing 12:00-2:15 p.m. Bingo 2:30-3:45 p.m. Senior Games and Fun

