


Monday	Tuesday	Wednesday	Thursday	Friday
				1-Apr 8-10 Coffee 9-noon Cards 10-11 Chair Exercise 11-12 Bingo 12-12:30 Lunch 1-3 Oil Painting
4-Apr 8-10 Coffee 9-noon Cards 10-11 Chair Exercise 11-12 Bingo 12-12:30 Lunch 1:30-2:30 Chair Yoga/Stretch 4-7p Memory Café Live Instructor!!	5-Apr 8-10 Coffee 9-noon Hand & Foot 9-11 Oil Painting 10-12 Crafts- Watercolor 11-noon Virtual Reality 12-12:30 Lunch 1:45-2:30 Indoor walking	6-Apr 8-10 Coffee 9-4 SHIIP - by apt only 9-noon Cards 10-11 Food, Health,Wellnes 11-12 CORE Seated Exercise 12-12:30 Lunch	7-Apr 8-10 Coffee 9-noon Hand & Foot 9-10 Tai Chi for Arthritis 10-11 Wii Games 10-11 Floor Yoga* 11-12 Choir 12-12:30 Lunch 1-2:30 Line Dance	8-Apr 8-10 Coffee 9-noon Cards 10-11 Chair Exercise 11-12 Bingo 12-12:30 Lunch 1-3 Oil Painting
11-Apr 8-10 Coffee 9-noon Cards 10-11 Chair Exercise 11-12 Bingo 12-12:30 Lunch 1:30-2:30 Chair Yoga/Stretch Live Instructor!!	12-Apr 8-10 Coffee 9-11 Oil Painting 9-noon Hand & Foot 10-12 Crafts - Bracelets 12-12:30 Lunch 1:45-2:30 Indoor walking	13-Apr 8-10 Coffee 9-4 SHIIP - by apt only 9-noon Cards 10-12 EASTER PARTY 11-12 **No exercise** 12-12:30 Lunch 12-12:15 Legal Aid Info	14-Apr 8-10 Coffee 9-noon Hand & Foot 9-10 Tai Chi for Arthritis 10-11 Wii Games 10-11 Floor Yoga* 11-12 Choir 12-12:30 Lunch 1-2:30 Line Dance	15-Apr CLOSED FOR HOLIDAY 

* indicates fee

Monday		Tuesday		Wednesday		Thursday		Friday	
18-Apr		19-Apr		20-Apr		21-Apr		22-Apr	
8-10	Coffee	8-10	Coffee	8-10	Coffee	8-10	Coffee	8-10	Coffee
9-noon	Cards	9-noon	Hand & Foot	9-4	SHIIP - by apt only	9-noon	Hand & Foot	9-noon	Cards
10-11	Chair Exercise	9-11	Oil Painting	9-noon	Cards	9-10	Tai Chi for Arthritis	10-11	Chair Exercise
11-12	Bingo	10-12	Crafts	10-11	Chelle's Choice	10-11	Wii Games	11-12	Bingo
12-12:30	Lunch	12-12:30	Lunch	11-12	CORE Seated Exercise	10-11	Floor Yoga*	12-12:30	Lunch
1:30-2:30	Chair Yoga	1:45-2:30	Indoor walking	12-12:30	Lunch	11-12	Choir	1-3	Oil Painting
						12-12:30	Lunch		
						1-2:30	Line Dance		
Monday		Tuesday		Wednesday		Thursday		Friday	
25-Apr		26-Apr		27-Apr		28-Apr		29-Apr	
8-10	Coffee	8-10	Coffee	8-10	Coffee	8-10	Coffee	8-10	Coffee
9-noon	Cards	9-noon	Hand & Foot	9-4	SHIIP - by apt only	9-noon	Hand & Foot	9-noon	Cards
10-11	Chair Exercise	9-11	Oil Painting	9-noon	Cards	9-10	Tai Chi for Arthritis	10-11	Chair Exercise
11-12	Bingo	10-12	Crafts	10-11	Janzen - Health Dept	10-11	Wii Games	11-12	Bingo
12-12:30	Lunch	12-12:30	Lunch	11-12	CORE Seated Exercise	10-11	Floor Yoga*	12-12:30	Lunch
1:30-2:30	Chair Yoga	1:45-2:30	Indoor walking	12-12:30	Lunch	11-12	Choir	1-3	Oil Painting
						12-12:30	Lunch		
						1-2:30	Line Dance		

Puzzles and Independent Board Games can be played at any time. Ask staff for access

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