

DAILY WELLNESS

Monday:

9:00 AM - 3:00 PM: Fitness Center*
10:00 AM: BoneBuilders w/Peter
11:00 AM: Mat Yoga w/Amy
1:00 PM: Zumba w/Fran
2:00 PM: Line Dancing w/Fran

Tuesday:

9:00 AM - 3:00 PM: Fitness Center*
9:00 AM: Tai Chi w/Bob
10:00 AM: Cardio Strength Training w/Lisa
11:30 AM: Forever Fit w/Sue
1:00 PM: Arthritis Exercise w/Maria
2:00 PM: SilverSneakers w/Maria

Wednesday:

9:00 AM - 3:00 PM: Fitness Center*
9:00 AM: Forever Fit w/Sue
10:00 AM: Arthritis Exercise w/Sue
11:00 AM: Meditation w/Mary
11:00 AM: Tai Chi w/Karl
1:00 PM: Sit Fit & Strong w/Fran

Thursday:

9:00 AM - 3:00 PM: Fitness Center*
9:00 AM: Strength Matters w/Sue
10:00 AM: Zumba w/Sue
11:00 AM: BoneBuilders w/Peter
12:30 PM: Beginners Line Dancing w/Fran
1:30 PM: Cardio Strength Training w/Lisa

Friday:

9:00 AM - 3:00 PM: Fitness Center*
10:00 AM: Mat Yoga w/Amy
1:00 PM: ROC Steady w/Lisa

*Reservation Required

DAILY PROGRAMS

Monday:

9:00 AM - 3:00 PM: Open Billiards
10:00 AM: Bocce Free Play
1:00 PM: Mah Jongg Free Play
1:00 PM: Michigan Rummy

Tuesday:

9:00 AM - 3:00 PM: Open Billiards
1:00 PM: Hi Lo Jack League
1:00 PM: Scrabble

Wednesday:

9:00 AM - 3:00 PM: Open Billiards
9:30 AM: Quilting 101
1:00 PM: Mah Jongg Free Play
1:00 PM: Poker League

Thursday:

9:00 AM - 3:00 PM: Open Billiards
10:00 AM: Bocce Free Play
1:00 PM: Stamp Club
1:00 PM Play Bridge

Friday:

9:00 AM - 3:00 PM: Open Billiards
11:00 AM: Phase Of Life Support Group
1:00 PM: Mah Jongg Free Play