

MONDAY	TUESDAY	WEDNESDAY
		
5 Yoga 7:45: Yoga 9:00 Socialization 10:30 Cardio Drumming 12:30 Games	6 Noon Years Party 7:45: Yoga 9:00 Socialization 10:30 Let's Move 12:00 Noon Years Party	7 Music Therapy 7:45: Yoga 9:30 Music Therapy 10:30 Let's Move 12:30 Bingo
12 Book Club 7:45: Yoga 9:00 Socialization 10:00 Book Club 10:30 Cardio Drumming 12:30 Games	13 Group W/ Katie 7:45: Yoga 9:00 Socialization 10:30 Let's Move 12:30 Group W/ Katie	14 Coffee W/ The law 7:45: Yoga 9:30 Coffee W/ The Law 10:30 Let's Move 11:30 Lunch out @ Jason's Deli
19 Closed 	20 Group W/ Katie 7:45: Yoga 9:00 Socialization 10:30 Let's Move 12:30 Group W/ Katie	21 Music Therapy 7:45: Yoga 9:30 Music Therapy 10:30 Let's Move 12:30 Bingo
26 Yoga 7:45: Yoga 9:00 Socialization 10:30 Cardio Drumming 12:30 Games	27 Group W/ Katie 7:45: Yoga 9:00 Socialization 10:30 Let's Move 12:30 Group W/ Katie	28 Bingo 7:45: Yoga 9:00 Socialization 10:30 Let's Move 12:30 Bingo

THURSDAY	FRIDAY
1 Closed 	2 Closed 
8 Birthday's 7:45: Yoga 9:00 Socialization 10:30 Let's Move 12:30 Birthday Celebrations	9 Yoga 7:45: Yoga 9:00 Socialization 10:30 Cardio Drumming 12:30 Games
15 Sing along 7:45: Yoga 9:00 Socialization 10:30 Let's Move 12:30 Sing along	16 Yoga 7:45: Yoga 9:00 Socialization 10:30 Cardio Drumming 12:30 Games
22 Movie Day 7:45: Yoga 9:00 Socialization 10:30 Let's Move 11:30 Movie Day !	23 Yoga 7:45: Yoga 9:00 Socialization 10:30 Cardio Drumming 12:30 Games
29 Free Day 7:45: Yoga 9:00 Socialization 10:30 Let's Move 12 :30 Free Day	30 Yoga 7:45: Yoga 9:00 Socialization 10:30 Cardio Drumming 12:30 Games

DAILY
Mon- Wed- Fri
7:45 Yoga

2nd Monday
10:00 Book Club

Every Wednesday
12:30 Bingo

2nd Wednesday
Lunch out

1st & 3rd
Wednesday
9:00 Music Therapy

2nd Wednesday
9:00 Coffee w/the Law

1st Thursday
12:00 Celebration of
monthly birthdays

3rd Thursday
12:30 Sharon Austin
Gospel Singalongs

