


Weekly Schedule Sept 7 – Sept 13

Monday ... Sept 14

- 9:30 Move w/Nancy (chair group 1) - C
- 10:05 Move w/Nancy (chair group 2) - C
- 10:40 Groove w/Nancy (aerobics) – C
- 10:30 **Veterans Coffee & Donuts – Conf**
- 1:00 Party Bridge – CR
- 1:00 Dominoes – AC
- 3:00 **Book Club – Chapel**
Reviewing *“Heart Mender”*
- 4:00 **Garden Club Meeting - Conf** 


Tuesday... September 15

- 8:30 Water Aerobics w/Sherri – Pool
- 9:30 Water Aerobics w/Sherri - Pool
- 10:45 Chair Yoga w/Carla - C
- 11:00 Chicken Foot – AC
- 1:00 **Caregivers Support Group - Library**
- 1:00 Trivia Pursuit w/Gary – AC
- 1:30 Games in the Card Room **New!!**
- 3:00 **“El Dorodo Lost City of Gold” – C**
Documentary on the Coloumbian myth. 60 min.
A great introduction to South America! (group 1)
(Sign-up Front desk)
- 3:30 **CHESS Club - NR**

Wednesday... September 16

- 9:00 Mahjong - CR
- 9:30 **Strength & Balance w/Nancy – C**
More strength, less stretch
- 10:05 **Stretch & Balance w/Nancy**
Focus on Balance & Range of Motion
New format...come to the class that works for you.
- 10:30 Dominoes – AC
- 1:00 **Grief Support Group – Library**
- 3:00 **“El Dorado Lost City of Gold” – C**
Documentary on the Coloumbian myth. 60 min.
A great introduction to South America! (group 2)
(Sign-up front desk)
- 5:00 Dining Room OPEN
For a special themed dinner... 
“Flavors of Morocco ”
Reservations only. Call 774-6940
- 6:30 **Moroccan Movie: Casablanca**
“Here’s Looking at you, Kid” – Conf (Sign-up)
- 7:00 Corn Hole - C

Thursday ... September 17

- 8:30 Water Aerobics w/Sherri – Pool
- 9:30 Water Aerobics w/Sherri – Pool
- 9:30 Ladies Bible Study w/Louise - Conf
- 10:45 Chair Yoga w/Carla – C
- 1:00 Party Bridge – CR
- 1:00 Learn Mahjong w/Margie – AC
- 5:00 Dining Room OPEN
For a special themed dinner... 
“Flavors of Morocco”
Reservations only. Call 774-6940
- 6:30 **Movie: Casablanca – Conf (Sign-up)**
- 6:30 Evening Bridge – CR

Friday... September 18

- 9:30 Move w/Nancy (group 1) - C
- 10:05 Move w/Nancy (group 2) – C
- 10:40 Groove w/Nancy – C
- 1:00 Chicken Foot – AC
- 2:00 Hand & Foot Game – CR
- 2:00 **“Salsa Festival” – C (group 1)**
Noun or verb? Zesty word fun... Cha-cha-cha!
(Sign-up front desk)
- 2:00 **“Salsa Festival” – C (group 2)**

Saturday... September 19

- 2:00 Bridge Basics w/Jack - CR
- 2:00 Movie & Popcorn
- 7:00 Movie & Popcorn

Sunday... September 20

- 9:30 Bible Study – C
- 2:00 **Church Service – C**
David Henry-Christ United Methodist
- 2:00 Mahjong - AC

Happy Birthday !!

Sept 14	Al Jones	# 331
Sept 16	Jim Edwards	# 102
Sept 18	Ann Fancher	# 320
Sept 20	Claudia Ramsav	# 227

The Participation Vacation Continues...
Welcome to Columbia!! 