

Weekly Schedule Oct 12 – Oct 19

This week we leave PERU & travel to CHILE... for more *Excitina* adventures!!



Monday ... October 12

- 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
- 1:00 Party Bridge – CR
- 1:00 Dominoes – AC

Tuesday... October 13

- 9:30 Water Aerobics w/Sherri – Pool
Due to fall temperatures, classes are combined
- 10:45 Chair Yoga w/Carla – C
- 10:45 Balance Exercise Circuit –FC *New!*
Learn exercises to do daily in the fitness room to help your balance!!
Interested? Sign-up at the front desk
- 11:00 Chicken Foot – AC
- 1:00 Trivia Pursuit w/Gary – AC
- 1:30 Games in the Card Room *New!!*
- 3:30 CHESS Club - NR
- 7:00 Card Game '99' – CR

Wednesday... October 14

- 9:00 Mahjong - CR
- 9:30 Strength & Balance w/Nancy - C
More strength, less stretch
- 10:05 Stretch & Balance w/Nancy - C
Focus on Balance & Range of Motion
- 10:30 Dominoes – AC
- 1:00 Grief Support Group – Library
- 3:00 **CHILE CHALLENGE!** (Group 1) – C
*Enjoy friends, fun facts & Melon con vino!!
Watch, remember, & win! Sign-up front desk!!*
- 5:00 Dining Room OPEN
For a special themed...
"Candle lit Dinner"
Reservations only. Call 774-6940
- 7:00 Corn Hole - C

Thursday ... October 15

- 9:30 Ladies Bible Study w/Louise- Conf
- 9:30 Water Aerobics w/Sherri – Pool
- 10:45 Chair Yoga w/Carla– C
- 10:45 Balance Exercise Circuit –FC *New!*
Learn exercises to do daily in the fitness room to help your balance!!
Interested? Sign-up at the front desk
- 1:00 Party Bridge – CR
- 1:00 Learn Mahjong w/Margie – AC
- 1:00 **Community Bible Study – Conf**
- 3:00 "Hope & Inspiration" – C
Gary Roe, Chaplain of Hospice BV will be here to present. Please sign-up at front desk
- 5:00 Dining Room OPEN
"Candle lit Dinner"
Reservations only. Call 774-6940
- 6:30 Evening Bridge – CR

Friday... October 16

- 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
- 3:00 **CHILE CHALLENGE!** (Group 2) – C
*Enjoy friends, fun facts & Melon con vino!
Watch, remember, & win! Sign-up front desk!!*

Saturday... October 17

- 2:00 Bridge Basics w/Jack - CR
- 2:00 Movie & Popcorn
- 3:00 **Texas A&M Football!** - NR
Aggies VS Mississippi State
- 7:00 Movie & Popcorn



Sunday... October 18

- 9:30 Bible Study – C
- 2:00 Mahjong – AC
- Jim Mallet Birthday Party - Bistro**
3:00 – 3:45 Group 1
4:00 – 4:45 Group 2
(Please sign-up at the front desk)

Happy Birthday!!

Oct. 13	Ed Richardson	Apt #313
Oct. 17	Larry Mitchell	Apt #109
Oct. 18	Jim Mallett	Apt #315

