

# Schedule September 20 to September 26

## Monday ... September 20

- 9:30 Strength & Balance w/Nancy – C  
Focus on strength (more standing)
- 10:15 Body & Balance w/Nancy – C  
Focus on balance & range of motion
- 11:00 Groove w/Nancy (aerobics) – C
- 10:30 Veterans Coffee and Donuts - Conf
- 1:00 Party Bridge – CR
- 1:00 Dominoes – AC
- 3:00 Book Club – Conf  
*Reviewing "The Four Winds"*
- 7:00 "Victoria" – Conference Room  
Season #1, Episodes 7 & 8



## Thursday ... September 23

- 9:30 Water Aerobics with Sheri – pool
- 9:30 Ladies Bible Study w/Louise- Conf
- 10:45 Chair Yoga w/Carla – C
- 1:00 Learn Mahjong w/Margie – AC
- 1:00 Party Bridge – CR
- 2:00 Dining Ambassadors  
Meet in the Dining Room
- 4:00 HOWDY HOUR – Bistro  
Social Hour with Friends!  
*Fall into Autumn Fun...*
- 6:30 – 8:30 Evening Bridge - CR
- 6:00 Bill Gather Concert – Lobby  
Meet in the lobby for a ride to this  
Inspirational Gospel Concert!  
You must have tickets-Sign-up req'd



## Tuesday... September 21

- 9:30 Water Aerobics with Sheri – Pool
- 10:45 Chair Yoga w/Carla – C
- 11:00 Chicken Foot – AC
- 1:00 Trivia Pursuit w/Gary – AC
- 1:30 Games in the Card Room – CR
- 2:00 Community Bible Study – Conf  
Join us as we begin the study of the  
*New Testament book of Hebrews*  
*All are welcome!!*
- 7:00 Card Game '99' - CR

## Friday... September 24

- 8:30 Water Walking w/Leslie – Pool
- 9:30 Shop & Drop – Lobby  
Sign-up required at the front desk.
- 9:30 Strength & Balance w/Nancy
- 10:15 Body & Balance w/Nancy
- 11:00 Groove w/Nancy (aerobics)
- 11:30 September Birthday Luncheon  
*Sept Birthdays... this is for you!*  
*Private Dining Room*
- 2:00 Hand & Foot Game – CR
- 2:00 Colored Pencils with a *Twist* - AC

## Wednesday... September 22

- 9:30 Mahjong – CR
- 9:30 Chair exercise with Nancy – C
- 10:30 Dominoes – AC
- 1:00 Mexican Train – CR
- 1:00 Creating Greeting Cards - AC
- 3:00 "Birds of the Brazos Valley" – C  
*Presented by Dr. David Scott, Professor*  
*A&M Dept. of Recreation & Tourism,*  
*Member Rio Brazos Audubon Society*
- 7:00 Cool Pool Swim Hour – Pool  
Join friends for easy-breezy fun!
- 7:00 Corn Hole – C



## Saturday ... September 25

- 2:00 Movie Matinee & Popcorn  
Conference Room Theatre
- ATM Texas A&M vs Arkansas  
Neighborhood Room  
Popcorn & soda
- 7:00 Movie & Popcorn – Conf



## Sunday... September 26

- 9:00 Bible Study – C
- 2:00 Church Service – C  
*David Henry, Christ United Methodist*
- 5:45 Sunday Fun – AC

## Happy Birthday!

Sept 20 Claudia Ramsay AL#1221  
Sept 22 Johnnie Jones # 119

