

MONDAY

Quilting - 9:30 am/No Charge
Cribbage/No Charge

TUESDAY

Breakfast Buffet - 8:30-9:30 am/\$7.00 per person
Bridge - 10:00 am/No Charge
Silver Sneakers 1:30-2:30/Insurance pays or \$5.00
per class
Hairdresser on Site

WEDNESDAY

Yoga - 9:00 - 10:00/\$5.00 per class
Chorus - 10:00 - 11:00/No Charge
Special Lunch - 12:00/\$10.00
Bingo - 12:30-2:00/\$2.00 per card
Chair Yoga - 1:30-2:30/\$5.00 per class
Book Discussion/10:30/4th Wed

THURSDAY

Pinochle - 9:00/No Charge
Yoga Barre Fusion - 9:00-10:00/\$5.00 per class
Joggin Your Noggin - 12:30-1:45/No Charge
Silver Sneakers 1:30-2:30/insurance or \$5.00 per
class
Hairdresser on Site

FRIDAY

Yoga - 9:00-10:00/\$5.00 per class
Craftaholics - 9:00 - 12:00/ every other
Friday/No Charge
Bridge - 10:00/No Charge
Tai Chi - 12:00-1:00/\$5.00 per class

UPCOMING EVENTS

Blood pressure - 11:00 2nd Wednesday of the month

March 9 - Harlows Sugar House, Putney, VT/\$149.00 per person

AARP Driver Safety - March 17, June 2, September 15, December 8/\$25.00

Spring Fling - May 16 - 6:00-9:00/\$10.00

REQUESTS

Painting classes	Board Game days
Cooking classes	
Zumba for seniors	
Dance Class	
Karaoke	
Ceramics	
Step Aerobics	

