



UPCOMING EVENTS

Through 2025

**NOV
14**

HOMETOWN HEROS

5:00 PM - 8:00 PM



**NOV
19**

THANKSGIVING LUNCH

12:00 PM - 1:30 PM

**DEC
6**

LIGHT PARADE

5:00 PM

**DEC
17**

CHRISTMAS LUNCH

12:00 PM - 1:30 PM





WEEKLY ACTIVITIES

MON

Quilters Club
Fencing
Yoga and Meditation
Womens Basketball

TUES

Breakfast Buffet
Silver Sneakers
Yoga with Bronwyn



WED

Yoga
Panera Donations
Wednesday Lunch
Chair Yoga
Tae Kwon Do
Tai Chi

THURS

Yoga Barre
Lunch Special
Joggin your Noggin
Silver Sneakers
Rowing
Longsword

FRI

Yoga
Craftoholics
Tai Chi



NOTES

Various card games
are played daily!
More instructors will
be added soon!

