

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>9:30 Board Games 10:30 Line Dancing <b>11:00 Lisa's Goodbye Party</b> 1:00 Pinochle Club <b>1:00 Wii Bowling</b></p> <p><i>Special Lunch</i></p>
<p><b>4</b></p> <p>9:15 <b>Breakfast for Brain</b> 10:00 Silver Sneakers Functional Fitness 10:00 Quilting 10:30 BP Screenings 12:30 Bridge Club 1:15 Gentle Yoga</p> <p><i>Chicken Salad Platter</i></p>	<p><b>5</b></p> <p>9:00 <b>Zumba</b> 10:00 Fit Over 50 <b>10:45 Mason Jar Overnight Oats</b> 1:00 Wii Bowling</p> <p><b>10-11:30 Sen. Leach Outreach</b></p> <p><i>Beef Strips w/Burgandy Wine Sauce</i></p>	<p><b>6</b></p> <p>9:15 <b>Breakfast for Brain</b> 10:00 Silver Sneakers Functional Fitness <b>10:45 Scope on Skin Cancer</b> 12:15 Shop at Giant 12:30 Bridge Club 1:00 Writer's Club</p> <p><i>Rotini w/Turkey Bolognese</i></p>	<p><b>7</b></p> <p>9:00 <b>Zumba</b> 10:00 Fit Over 50 <b>10:00 Hear Again Now</b> 10:45 Tap Dancing 12:15 Sound Off 1:00 Pinochle Club 2:00 Sewing &amp; Knitting 2:00 Tai Chi <b>6-8 Ukulele Strum and Sing Along</b></p> <p><i>Sweet &amp; Sour Meatballs</i></p>	<p><b>8</b></p> <p>9:30 Board Games 10:30 Line Dancing <b>11:30 Friday Brunch</b> 1:00 Pinochle Club <b>1:00 Wii Bowling</b></p> <p><i>Breakfast for Lunch</i></p>
<p><b>11</b></p> <p>9:15 <b>Breakfast for Brain</b> 10:00 Silver Sneakers Functional Fitness 10:00 Quilting 10:30 BP Screenings 12:30 Bridge Club 1:15 Gentle Yoga</p> <p><i>Pineapple Chicken Stirfry</i></p>	<p><b>12</b></p> <p>9:00 <b>Zumba</b> 10:00 Fit Over 50 <b>10:15 Advisory Committee</b> 1:00 Wii Bowling 2:00 Memory Café</p> <p><i>Sliced Beef w/Pepper Cream Sauce</i></p>	<p><b>13</b></p> <p>9:15 <b>Breakfast for Brain</b> 10:00 Silver Sneakers Functional Fitness <b>10:45 Hidden Sugars</b> 12:15 Shop at Giant 12:30 Bridge Club 1:00 Writer's Club</p> <p><i>Crab Salad Platter</i></p>	<p><b>14</b></p> <p>9:00 <b>Zumba</b> 10:00 Fit Over 50 <b>10:00 Crafts with Katie</b> 10:45 Tap Dancing 12:15 Sound Off 1:00 Pinochle Club 2:00 Sewing &amp; Knitting 2:00 Tai Chi <b>6-8 Ukulele Strum and Sing Along</b></p> <p><i>Baked Ziti w/Spinach</i></p>	<p><b>15</b></p> <p>9:30 Board Games 10:30 Line Dancing 1:00 Pinochle Club <b>1:00 Wii Bowling</b></p> <p><i>Fried Chicken</i></p>
<p><b>18</b></p> <p>9:15 <b>Breakfast for Brain</b> 10:00 Silver Sneakers Functional Fitness 10:00 Quilting 10:30 BP Screenings <b>10:45 MindMatters</b> 12:30 Bridge Club 1:15 Gentle Yoga</p> <p><i>Herb Roasted Chicken</i></p>	<p><b>19</b></p> <p>9:00 <b>Zumba</b> 9:00 Apprise-Medicare <b>9:00 Veterans' Coffee Hour</b> 10:00 Fit Over 50 1:00 Wii Bowling <b>1:00 Memoir Writing Workshop</b></p> <p><i>Turkey ala King</i></p>	<p><b>20</b></p> <p>9:15 <b>Breakfast for Brain</b> 10:00 Silver Sneakers Functional Fitness <b>10:30 Readers' Club</b> 12:15 Shop at Giant 12:30 Bridge Club 1:00 Writer's Club</p> <p><i>Roast Beef Special</i></p>	<p><b>21</b></p> <p>9:00 <b>Zumba</b> 10:00 Fit Over 50 <b>10:45 Tap Dancing</b> 12:15 Sound Off 1:00 Pinochle Club 2:00 Sewing &amp; Knitting 2:00 Tai Chi <b>6-8 Ukulele Strum and Sing Along</b></p> <p><i>Breaded Chicken Strips</i></p>	<p><b>22</b></p> <p>9:30 Board Games 10:30 Line Dancing 1:00 Pinochle Club <b>1:00 Wii Bowling</b></p> <p><i>Meatloaf w/Mushroom Gravy</i></p>
<p><b>25</b></p> <p>9:15 <b>Breakfast for Brain</b> 10:00 Silver Sneakers Functional Fitness 10:00 Quilting 10:30 BP Screenings 12:30 Bridge Club 1:15 Gentle Yoga</p> <p><i>Crabcake and Mac &amp; Cheese</i></p>	<p><b>26</b></p> <p>9:00 <b>Zumba</b> 10:00 Fit Over 50 <b>10:45 Pizza and a Movie</b> 1:00 <b>Wii Bowling</b></p> <p><i>Pizza</i></p>	<p><b>27</b></p> <p>9:15 <b>Breakfast for Brain</b> 10:00 Silver Sneakers Functional Fitness <b>10:30 Kitchen Table Stories</b> 12:15 Shop at Giant 12:30 Bridge Club 1:00 Writer's Club</p> <p><i>Egg Salad Sandwich</i></p>	<p><b>28</b></p> <p>9:00 <b>Zumba</b> 10:00 Fit Over 50 <b>10:45 Tap Dancing</b> 12:15 Sound Off 1:00 Pinochle Club 2:00 Sewing &amp; Knitting 2:00 Tai Chi <b>6-8 Ukulele Strum and Sing Along</b></p> <p><i>Grilled Honey BBQ Chicken</i></p>	<p><b>29</b></p> <p>9:30 Board Games 10:30 Line Dancing 1:00 Pinochle Club <b>1:00 Wii Bowling</b></p> <p><i>Pizza Burger</i></p>