

# Recreation Schedule



## January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
10:30 Game Masters WR	Cancel NO Daily Shuttle L1	9:00 Daily Shuttle L1	9:00 Daily Shuttle L1	9:00 Daily Shuttle L1	9:00 Daily Shuttle L1	4:30 Weekend Shuttle L1
2:00 Calvary Baptist Church L3		10:30 Yoga Canceled	10:30 CGC Shuttle L1	10:00 Pilates Early Risers G	9:30 Tech Helpers	10:30 Shuffleboard Showdowns WR
			2:00 Virtual Reality : Summer WR	10:45 Pilates Overflow G	10:30 American Sign Language WR	
		2:30 Art Canceled	2:30 Virtual Reality : The Beach	2:30 The Joy of Music WR	3:00 Happy Hour WR	
	6:00 Prime Timers L1	6:00 Prime Timers L1	2:30 Ice cream social WR	2:00 Needlers and Knot L1	6:00 Prime Timers L1	
			6:00 Prime Timers L1	6:00 Prime Timers L1		
7	8	9	10	11	12	13
10:30 Game Masters WR	10:00 Daily Shuttle L1	9:00 Daily Shuttle L1	9:00 Daily Shuttle L1	9:00 Daily Shuttle L1	9:00 Daily Shuttle L1	4:30 Weekend Shuttle L1
2:00 Calvary Baptist Church L3	10:30 Tai-Chi WR	10:30 Yoga WR	10:30 CGC Shuttle L1	10:00 Pilates Early Risers G	9:30 Tech Helpers	10:30 Shuffleboard Showdowns WR
		2:00 Consicous aging WR	2:00 Virtual Reality: A day at a Resort	10:45 Pilates Overflow G	10:30 American Sign Language WR	
	1:30 Art Centre Exhibit L1	2:30 Art Therapy W/Laura JR	2:30 Virtual Reality: A day at the beach	1:30 It takes a Village WR	3:00 Happy Hour WR	1:30 It takes a Village WR
	6:00 Prime Timers L1	6:00 Prime Timers L1	6:00 Prime Timers L1	2:00 Needlers and Knot L1	6:00 Prime Timers L1	
				6:00 Prime Timers L1	7:00 Bingo L1	
14	15	16	17	18	19	20
10:30 Game Masters WR	10:00 Daily Shuttle L1	9:00 Daily Shuttle L1	9:00 Daily Shuttle L1	9:00 Daily Shuttle L1	9:00 Daily Shuttle L1	4:30 Weekend Shuttle L1
	10:30 Tai-Chi WR	10:30 Yoga WR	10:30 CGC Shuttle L1	10:00 Pilates Early Risers G	9:30 Tech Helpers	10:30 Shuffleboard Showdowns WR
			11:30 Hawaiian Luau lunch DR	10:45 Pilates Overflow G	10:30 American Sign Language WR	
2:00 Calvary Baptist Church L3			2:00 Virtual Reality: Cruise the Caribbean	2:00 Needlers and Knot WR	3:00 Happy Hour WR	
	4:00 Sun Room Outing L1	2:30 Art Therapy W/Laura WR	2:30 Virtual Reality: Summer Traditions	2:30 Town Hall WR	6:00 Prime Timers L1	2:30 Meghann Atina Art JR
	6:00 Prime Timers L1	6:00 Prime Timers L1	6:00 Prime Timers L1	6:00 Prime Timers L1	7:00 Bingo L1	
21	22	23	24	25	26	27
10:30 Game Masters WR	10:00 Daily Shuttle L1	9:00 Daily Shuttle L1	9:00 Daily Shuttle L1	9:00 Daily Shuttle L1	9:00 Daily Shuttle L1	4:30 Weekend Shuttle L1
	10:30 Tai-Chi WR	10:30 Yoga WR	10:30 CGC Shuttle L1	10:00 Pilates Early Risers G	9:30 Tech Helpers	10:30 Shuffleboard Showdowns WR
2:00 Calvary Baptist Church L3			11:30 Italian Food Day DR	10:45 Pilates Overflow G	10:30 American Sign Language WR	
	4:00 Sun Room Outing L1	2:30 Art Therapy W/Laura WR	1:30 Presentation WR	2:00 Needlers and Knot WR	3:00 Happy Hour WR	
			2:30 Gelato Social WR		6:00 Prime Timers L1	Chocolate cake day
	6:00 Prime Timers L1	6:00 Prime Timers L1	6:00 Prime Timers L1	6:00 Prime Timers L1	7:00 Bingo L1	
28	29	30	31	Key		
10:30 Game Masters WR	10:00 Daily Shuttle L1	9:00 Daily Shuttle L1	9:00 Daily Shuttle L1	DR Dining Room L1	Lobby L4	Lounge 4th Floor
2:00 Calvary Baptist Church L3	10:30 Tai-Chi WR	10:30 Yoga WR	10:30 CGC Shuttle L1	WR Willow Room L2	Lounge 2nd Floor	
	1:30 National Puzzle Day L1	2:30 Art Therapy W/Laura WR	2:00 Virtual Reality: Spring Traditions			
	6:00 Prime Timers L1	6:00 Prime Timers L1	6:00 Prime Timers L1	G Gym L3	Lounge 3rd Floor	