

Regularly Scheduled Activities

MONDAY

7:45 AM Weights
 8:00 AM Chair Exercises
 9:00 AM Water Aerobics
 12:30 N Men's Bridge
 7:00 PM Cribbage

TUESDAY

9:00 AM Water Aerobics
 10:00 AM Shuffle Board
 1:00 PM Ceramics

WEDNESDAY

7:45 AM Weights
 8:00 AM Chair Exercises
 9:00 AM Water Aerobics
 12:30 N Men's Bridge
 1:00 PM Cribbage
 7:00 PM 500

THURSDAY

9:00 AM Water Aerobics
 9:00 AM Shuffle Board
 10:00 AM Shuffle Board
 1:00 PM Bingo






FRIDAY

7:45 AM Weights
 8:00 AM Chair Exercises
 9:00 AM Water Aerobics
 12:30 N Men's Bridge
 1:00 PM Women's Bridge
 4:30 PM TGIF Happy Hour

SATURDAY

7:30 AM Coffee

SUNDAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Coffee 7:30 AM
				Noon Lunch Bingo 6:30 PM	TGIF 5:30 PM	
5	6	7 Managers Mtg 9 AM Noon Lunch	8	9	10	11 Pancake Breakfast 7:30—9 AM Lasagna Dinner 5:30 PM and HH Vocal Group, 7 PM
		HCC Board Mtg 5:30 PM		Noon Lunch Bingo 6:30 PM	TGIF 5:30 PM	
12	13 	14 Noon Lunch	15	16	17	18 Coffee 7:30 AM 
Columbus Day	Thanksgiving Day (Canada)			Noon Lunch Bingo 6:30 PM	TGIF 5:30 PM	
19	20	21	22	23	24	25 Coffee 7:30 AM Don Ford & Ice Cream Social 2 PM
		Noon Lunch		Noon Lunch Bingo 6:30 PM	TGIF 5:30 PM	
26 	27 Golf 8 AM	28	29 Golf 8 AM 	30	31 Golf 8 AM	 Le Jour de mort
	Ladies Luncheon 12:30 PM	Noon Lunch		Noon Lunch Bingo 6:30 PM	Halloween Party	