











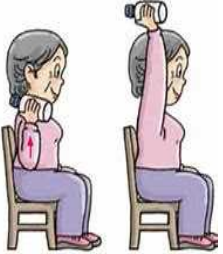




SENIOR LIFT WEEKLY ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Spanish 9:30 – 10:30</p> <p>Exercise 10:30-11:30</p>	<p>Book Club 9:30 – 10:30 <i>1st Tuesday only.</i></p> <p>WRITING GROUP 10:00-11:30</p>	<p>Drama 10:00– 12:00</p> <p>Tai Chi 10:00 – 11:00</p>	 <p>BINGO 10:00 -11 :00</p>	 <p>Line Dance 10:00 – 11:00</p>	 <p>Members check your e-mails for changes or updates.</p>
<p>12:30 – 3:00</p> 	<p>Exercise 10:30-11:30</p> 	<p>Belly Dance 11:00-11:30</p> <p>Health & Wellness 11:30 – 12:00</p>	<p>Ecology 12:30 -1:30</p> 	<p>Hula Dancing 11:00 - 12:00</p> 	
<p>COMPUTER CLASS 12:30 – 1:30 2:00 – 3:00</p> 	<p>Bridge Canasta</p> <p>12:30 – 3:00</p>	<p>Mah jong</p> <p>12:30 – 3:00</p>	 <p>COMPUTER CLASS 12:30 – 1:30 2:00 – 3:00</p>	<p>MUSIC APPRECIATION SING A LONG 1:30 – 2:30</p> 	
	<p>CREATIVE HANDS 12:30 -2:00</p> 	<p>Chair Yoga 1:00 – 2:00</p> 	<p>Canasta Mah Jong 12:30 - 3:00</p> <hr/> <p>1:30 - 3:00</p>  <p>TAP DANCE</p>	<p>ATTENTION</p> <p>EVERY DAY OPEN GAMES CARDS BILLIARDS /POOL DOMINOES RUMMIKUB</p> <p>HAVING FUN.</p>	 <p>BILLIARDS/ POOL DAILY</p>

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