At-A-Glance Reference

	Monday	Tuesday	Wednesday	Thursday	Friday
week 1	China Painting 8-12:30	Quilting 8-12:00	Ceramics 9-11:00	Quilting 8-12:00	Jazzercise 9-10:00
	Jazzercise 9-10:00	Jazzercise 8:30-9:30	Jazzercise 9-10:00	Jazzercise 8:30-9:30	Strength/Bal 10:30-11:30
	Strength Training 10-11:00	BP/BS Clinic 9-11:30	Knit/Crochet 9-11:00	Strength Training 10-11:00	Timed Euchre 12:30-2:30
	Chair Yoga 11:30-12:30	Art Studio Class 9-11:00	Party Euchre 10-12:00	Rug Hooking 9:30-11:30	Woodshop 1-3:00
	Timed Euchre 12:30-2:30	Chorus 9:45-11:15	Mahjongg 12-4:00	Chair Yoga 11:30-12:30	Scrabble 1:30-4:30
	Mahjongg 12:30-4:00	Chair Yoga 11:30-12:30	Pinochle 12:30-3:30	Duplicate Bridge 1-4:00	Knit/Crochet 2-4:00
	Penny Bingo 1-3:00	Contract Bridge 12:30-3:30	Band Rehearsal 1-3:00	Party Bridge 1-3:30	Line Dancing 2:30-4
	Woodcarving Class 1-2:30	Woodshop 1-3:00	Strength/Balance 1-2:00	Penny Bingo 1-3:00	
		Bunco 1-3:00	Hatha Yoga 2:30-4	Woodshop 1-3:00	
		Dr Lam's Tai Chi 3-4:00			
		Woodcarving 3-6:00			
	BP Clinic 11:30-12:30	Tuesday Dinner 4:30-5:15			
	Alternate Mondays, check	After Dinner Program 5:30			
	the newsletter for dates	Hatha Yoga 6-7:00 Mar-Oct			

	Monday	Tuesday	Wednesday	Thursday	Friday
week 2	China Painting 8-12:30	Quilting 8-12:00	Ceramics 9-11:00	Quilting 8-12:00	Jazzercise 9-10:00
	Jazzercise 9-10:00	Jazzercise 8:30-9:30	Jazzercise 9-10:00	Jazzercise 8:30-9:30	Estate Review Fall-Spring
	Strength Training 10-11:00	BP/BS Clinic 9-11:30	Knit/Crochet 9-11:00	Strength Training 10-11:00	Strength/Bal 10:30-11:30
	Chair Yoga 11:30-12:30	Art Studio Class 9-11:00	Party Euchre 10-12:00	Chair Yoga 11:30-12:30	Timed Euchre 12:30-2:30
	Timed Euchre 12:30-2:30	Chorus 9:45-11:15	Pinochle 12:30-3:30	Penny Bingo 1-3:00	Woodshop 1-3:00
	Mahjongg 12:30-4:00	Chair Yoga 11:30-12:30	Retirement Specialist	Duplicate Bridge 1-4:00	Scrabble 1:30-4:30
	Penny Bingo 1-3:00	Contract Bridge 12:30-3:30	Strength/Balance1-2:00	Party Bridge 1-3:30	Knit/Crochet 2-4:00
	Woodcarving Class 1-2:30	Legal Outreach by appt	Woodcarving Class 1-2:30	Woodshop 1-3:00	Line Dancing 2:30-4
	Cardio Drumming 2:00	Adult Coloring 1-3:00	Hatha Yoga 2:30-4	Memory Chat by appt	
	Cardio Drumming 2:30	Woodshop 1-3:00	Rummikub 3-4:30	Camera Club 1:30-2:30	
		Dr Lam's Tai Chi 3-4:00	Computer Club 3:30-4:30		
		Current Events 2-4:00			
		Woodcarving 3-6:00			
	BP Clinic 11:30-12:30	Tuesday Dinner 4:30-5:15			
	Alternate Mondays, check	After Dinner Program 5:30			
	the newsletter for dates	Hatha Yoga 6-7:00 Mar-Oct			

	Monday	Tuesday	Wednesday	Thursday	Friday
week 3	China Painting 8-12:30	Quilting 8-12:00	Ceramics 9-11:00	Quilting 8-12:00	Jazzercise 9-10:00
	Jazzercise 9-10:00	Jazzercise 8:30-9:30	Jazzercise 9-10:00	Jazzercise 8:30-9:30	Funeral Pre-Planning appt
	Strength Training 10-11:00	BP/BS Clinic 9-11:30	Knit/Crochet 9-11:00	Strength Training 10-11:00	Strength/Bal 10:30-11:30
	Chair Yoga 11:30-12:30	Art Studio Class 9-11:00	Party Euchre 10-12:00	Rug Hooking 9:30-11:30	Timed Euchre 12:30-2:30
	Timed Euchre 12:30-2:30	Chorus 9:45-11:15	Mahjongg 12-4:00	Chair Yoga 11:30-12:30	Woodshop 1-3:00
	Mahjongg 12:30-4:00	O.S.H.I.I.P./insurance help	Pinochle 12:30-3:30	Duplicate Bridge 1-4:00	Scrabble 1:30-4:30
	Penny Bingo 1-3:00	Chair Yoga 11:30-12:30	Strength/Balance1-2:00	Party Bridge 1-3:30	Knit/Crochet 2-4:00
	Woodcarving Class 1-2:30	Contract Bridge 12:30-3:30	Woodcarving Class 1-2:30	Penny Bingo 1-3:00	Line Dancing 2:30-4
		Woodshop 1-3:00	Movie Day 1-3:00	Woodshop 1-3:00	
		Bunco 1-3:00	Hatha Yoga 2:30-4	Book Review 2-3:00	
		Dr Lam's Tai Chi 3-4:00			
		Woodcarving 3-6:00			
		Tuesday Dinner 4:30-5:15			
		After Dinner Program 5:30			
	BP Clinic 11:30-12:30	Medicare & You 5:30-6:30			
	Alternate Mondays, check	Hatha Yoga 6-7:00 Mar-Oct			
	the newsletter for dates				

	Monday	Tuesday	Wednesday	Thursday	Friday
week 4	China Painting 8-12:30	Quilting 8-12:00	Ceramics 9-11:00	Quilting 8-12:00	Jazzercise 9-10:00
	Jazzercise 9-10:00	Jazzercise 8:30-9:30	Jazzercise 9-10:00	Jazzercise 8:30-9:30	Strength/Bal 10:30-11:30
	Strength Training 10-11:00	BP/BS Clinic 9-11:30	Knit/Crochet 9-11:00	Strength Training 10-11:00	Timed Euchre 12:30-2:30
	Chair Yoga 11:30-12:30	Art Studio Class 9-11:00	Party Euchre 10-12:00	Chair Yoga 11:30-12:30	Woodshop 1-3:00
	Timed Euchre 12:30-2:30	Chorus 9:45-11:15	Mahjongg 12-4:00	Duplicate Bridge 1-4:00	Scrabble 1:30-4:30
	Mahjongg 12:30-4:00	Chair Yoga 11:30-12:30	Pinochle 12:30-3:30	Party Bridge 1-3:30	Knit/Crochet 2-4:00
	Penny Bingo 1-3:00	Contract Bridge 12:30-3:30	Strength/Balance1-2:00	Penny Bingo 1-3:00	Line Dancing 2:30-4
	Woodcarving Class 1-2:30	Adult Coloring 1-3:00	Woodcarving Class 1-2:30	Woodshop 1-3:00	
		Woodshop 1-3:00	Hatha Yoga 2:30-4		
		Dr Lam's Tai Chi 3-4:00			
		Current Events 2-4:00			
		Woodcarving 3-6:00			
	BP Clinic 11:30-12:30	Tuesday Dinner 4:30-5:15			
	Alternate Mondays, check	After Dinner Program 5:30			
	the newsletter for dates	Hatha Yoga 6-7:00 Mar-Oct			

Lunches served Monday -Friday 11:30-12:15, $2.50 donation for 60+, $5.62 under 60, reserve by noon the day before
Tuesday Dinner served March - December 4:30-5:15, $8.00, reserve by 2 p.m. the Friday before
January & February: SSC Hours: 8-5:00; evening dinner & other programming resumes in March