

At-A-Glance Reference

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|----------------------------|---|-------------------------|----------------------------|---------------------------|
| w e e k 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 | Art Studio Class 9-11:00 |
| | 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 | Pinochle 12:30-3:30 | Chair Yoga 11:30-12:30 | Woodshop 1-3:00 |
| | Mahjongg 12:30-4:00 | Chair Yoga 11:30-12:30 | Band Rehearsal 1-3:00 | Duplicate Bridge 1-4:00 | Scrabble 1:30-4:30 |
| | Penny Bingo 1-3:00 | Contract Bridge 12:30-3:30 | Strength/Balance 1-2:00 | Party Bridge 1-3:30 | Knit/Crochet 2-4:00 |
| | | Duplicate Bridge 1-4:00 | Hatha Yoga 2:30-4 | Penny Bingo 1-3:00 | Line Dancing 2:30-4 |
| | | Woodshop 1-3:00 | | Woodshop 1-3:00 | |
| | | BP Clinic 11:30-12:30 | Bunco 1-3:00 | | |
| | | Alternate Mondays, check the newsletter for dates | Dr Lam's Tai Chi 3-4:00 | | |
| | | Woodcarving 3-6:00 | | | |
| | | Tuesday Dinner 4:30-5:15 | | | |
| | | After Dinner Program 5:30 | | | |
| | | Hatha Yoga 6-7:00 Mar-Oct | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| w e e k 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 | Art Studio Class 9-11:00 |
| | Strength Training 10-11:00 | BP/BS Clinic 9-11:30 | Knit/Crochet 9-11:00 | Strength Training 10-11:00 | Estate Review Fall-Spring |
| | Chair Yoga 11:30-12:30 | Art Studio Class 9-11:00 | Party Euchre 10-12:00 | Chair Yoga 11:30-12:30 | Strength/Bal 10:30-11:30 |
| | Timed Euchre 12:30-2:30 | Chorus 9:45-11:15 | Pinochle 12:30-3:30 | Penny Bingo 1-3:00 | Timed Euchre 12:30-2:30 |
| | Mahjongg 12:30-4:00 | Chair Yoga 11:30-12:30 | Retirement Specialist | Duplicate Bridge 1-4:00 | Woodshop 1-3:00 |
| | Penny Bingo 1-3:00 | Contract Bridge 12:30-3:30 | Strength/Balance1-2:00 | Party Bridge 1-3:30 | Scrabble 1:30-4:30 |
| | | Legal Outreach by appt | Hatha Yoga 2:30-4 | Woodshop 1-3:00 | Knit/Crochet 2-4:00 |
| | | Duplicate Bridge 1-4:00 | Rummikub 3-4:30 | Memory Chat by appt | Line Dancing 2:30-4 |
| | | BP Clinic 11:30-12:30 | Adult Coloring 1-3:00 | Computer Club 3:45-4:45 | Camera Club 1:30-2:30 |
| | | Alternate Mondays, check the newsletter for dates | Woodshop 1-3:00 | | |
| | | Dr Lam's Tai Chi 3-4:00 | | | |
| | | Current Events 2-4:00 | | | |
| | | Woodcarving 3-6:00 | | | |
| | | Tuesday Dinner 4:30-5:15 | | | |
| | | After Dinner Program 5:30 | | | |
| | | Hatha Yoga 6-7:00 Mar-Oct | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| w e e k 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 | Art Studio Class 9-11:00 |
| | Strength Training 10-11:00 | BP/BS Clinic 9-11:30 | Knit/Crochet 9-11:00 | Strength Training 10-11:00 | Funeral Pre-Planning appt |
| | Chair Yoga 11:30-12:30 | Art Studio Class 9-11:00 | Party Euchre 10-12:00 | Rug Hooking 9:30-11:30 | Strength/Bal 10:30-11:30 |
| | Timed Euchre 12:30-2:30 | Chorus 9:45-11:15 | Pinochle 12:30-3:30 | Chair Yoga 11:30-12:30 | Timed Euchre 12:30-2:30 |
| | Mahjongg 12:30-4:00 | O.S.H.I.I.P./insurance help | Strength/Balance1-2:00 | Duplicate Bridge 1-4:00 | Woodshop 1-3:00 |
| | Penny Bingo 1-3:00 | Chair Yoga 11:30-12:30 | Movie Day 1-3:00 | Party Bridge 1-3:30 | Scrabble 1:30-4:30 |
| | | Contract Bridge 12:30-3:30 | Hatha Yoga 2:30-4 | Penny Bingo 1-3:00 | Knit/Crochet 2-4:00 |
| | | Duplicate Bridge 1-4:00 | | Woodshop 1-3:00 | Line Dancing 2:30-4 |
| | | BP Clinic 11:30-12:30 | Woodshop 1-3:00 | Book Review 2-3:00 | |
| | | Alternate Mondays, check the newsletter for dates | Bunco 1-3:00 | | |
| | | Dr Lam's Tai Chi 3-4:00 | | | |
| | | Woodcarving 3-6:00 | | | |
| | | Tuesday Dinner 4:30-5:15 | | | |
| | | After Dinner Program 5:30 | | | |
| | | Medicare & You 5:30-6:30 | | | |
| | | Hatha Yoga 6-7:00 Mar-Oct | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday |
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| | Mahjongg 12:30-4:00 | Chair Yoga 11:30-12:30 | Strength/Balance1-2:00 | Party Bridge 1-3:30 | Scrabble 1:30-4:30 |
| | Penny Bingo 1-3:00 | Contract Bridge 12:30-3:30 | Hatha Yoga 2:30-4 | Penny Bingo 1-3:00 | Knit/Crochet 2-4:00 |
| | | Duplicate Bridge 1-4:00 | | Woodshop 1-3:00 | Line Dancing 2:30-4 |
| | | Adult Coloring 1-3:00 | | | |
| | | BP Clinic 11:30-12:30 | Woodshop 1-3:00 | | |
| | | Alternate Mondays, check the newsletter for dates | Dr Lam's Tai Chi 3-4:00 | | |
| | | Current Events 2-4:00 | | | |
| | | Woodcarving 3-6:00 | | | |
| | | Tuesday Dinner 4:30-5:15 | | | |
| | | After Dinner Program 5:30 | | | |
| | | 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