

Monday		Tuedays		Wednesday		Thursday		Friday	
9:00 Golden Walkers	2	9:00 Golden Walkers	3	9:00 Golden Walkers	4	9:00 Golden Walkers	5	9:00 Golden Walkers	6
9:30 Chair Yoga		9:30 Balloon Volleyball		9:30 Silver Sneakers		9:30 Drum Fit		9:30 Senior Stretch	
10:00 Silver Cords		10:30 Card Threading		10:30 Bingo		10:30 hats		10:30 Bingo	
11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch	
12:30 Socialize		12:30 Socialize		12:30 Socialize		12:30 Socialize		12:30 Socialize	
1:00 Bingo		1:00 Tree Craft		1:00 Rick Ham		1:00 Not So Country Dancers		1:00 Friends Band	
2:00 Snack		2:00 Snack		2:00 Snack		2:00 Snack		2:00 Snack	
2:30 Table Games		2:30 Table Games		2:30 Table Games		2:30 Table Games		2:30 Table Games	
3:30 Mindfulness Discussion		3:30 Mindfulness Discussion		3:30 Mindfulness Discussion		3:30 Mindfulness Discussion		3:30 Mindfulness Discussion	
9:00 Golden Walkers	9	9:00 Golden Walkers	10	9:00 Golden Walkers	11	9:00 Golden Walkers	12	9:00 Golden Walkers	13
9:30 Chair Yoga		9:30 Balloon Volleyball		9:30 La Diva Nails		9:30 Drum Fit		9:30 Senior Stretch	
10:30 Wii Games		10:00 Feral Cats		10:30 La Diva Nails		10:00 Music w/ Catherine		10:00 Photo Booth w/ Kamilah	
11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch	
12:30 Socialize		12:30 Socialize		12:30 Socialize		12:30 Socialize		12:30 Socialize	
1:00 Bingo		1:00 Letters to Santa		1:00 Bingo		1:00 Crafts w/ Leslie		1:00 Bingo	
2:00 Snack		2:00 Snack		2:00 Snack		2:00 Snack		2:00 Snack	
2:30 Table Games		2:30 Table Games		2:30 Table Games		2:30 Table Games		2:30 Table Games	
3:30 Mindfulness Discussion		3:30 Mindfulness Discussion		3:30 Mindfulness Discussion		3:30 Mindfulness Discussion		3:30 Mindfulness Discussion	
9:00 Golden Walkers	16	9:00 Golden Walkers	17	9:00 Golden Walkers	18	9:00 Golden Walkers	19	9:00 Golden Walkers	20
9:30 Chair Yoga		9:30 Balloon Volleyball		9:30 Silver Sneakers		9:30 Drum Fit		9:30 Senior Stretch	
10:30 Snow Globes		10:30 Hats		10:30 Senior Monthly Discussion		10:30 Snow Globes		10:00 Santa!!	
11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch	
12:30 Socialize		12:30 Socialize		12:30 Socialize		12:30 Margo		12:30 Socialize	
1:00 Bingo		1:00 Birthday Party w/ Leslie		1:00 Bingo		1:00 Margo cont.		1:00 The Grinch/Play	
2:00 Snack		2:00 Snack		2:00 Snack		2:00 Snack		2:00 Snack	
2:30 Table Games		2:30 Table Games		2:30 Table Games		2:30 Table Games		2:30 Christmas Party	
3:30 Mindfulness Discussion		3:30 Mindfulness Discussion		3:30 Mindfulness Discussion		3:30 Mindfulness Discussion		3:30 Mindfulness Discussion	
9:00 Golden Walkers	23	9:00 Golden Walkers	24			9:00 Golden Walkers	26	9:00 Golden Walkers	27
9:30 Chair Yoga		9:30 Balloon Volleyball				9:30 Drum Fit		9:30 Senior Stretch	
10:30 Crafts w/ Leslie		10:30 Wii Games				10:30 Music w/ Catherine		10:30 Color	
11:30 Lunch		11:30 Lunch				11:30 Lunch		11:30 Lunch	
12:30 Socialize		12:30 Socialize				12:30 Socialize		12:30 Socialize	
1:00 Bingo		1:00 Lights Painting		1:00 Christmas Recap		1:00 Bingo			
2:00 Snack		2:00 Snack		2:00 Snack		2:00 Snack			
2:30 Table Games		2:30 Table Games		2:30 Table Games		2:30 Table Games			
3:30 Mindfulness Discussion		3:30 Mindfulness Discussion		3:30 Mindfulness Discussion		3:30 Mindfulness Discussion			
9:00 Golden Walkers	30	9:00 Golden Walkers	31						
9:30 Chair Yoga		9:30 Balloon Volleyball							
10:30 New Years Craft		10:30 New Years Resolutions							
11:30 Lunch		11:30 Lunch							
12:30 Socialize		12:30 Socialize							
1:00 Bingo		1:00 2024 Recap							
2:00 Snack		2:00 Snack							
2:30 Table Games		2:30 New Years Eve Party							
3:30 Mindfulness Discussion		3:30 Mindfulness Discussion							
Special Events	Birthdays	Outings	Participant of the Month						
12/02 - Silver Chords 12/12 - Catherine	12/05 - Brittany and Van	12/10 - North Pole Adventures							
12/04 - Rick Ham 12/17 - Birthday Party	12/08 - Victoria	12/13 - Chick-Fil-A							
12/05 - Not So Country 12/19 - Margo	12/13 - Haley	12/16 - Hat Delivery							
12/06 - Friends Band 12/20 - Christmas Party	12/18 - David	12/18 - Cookie Party							
12/10 - Feral Cats 12/26 - Catherine	12/24 - Kelton	12/24 - Icon Cinema							
12/11 - La Diva Nails 12/31 - NewYears Party									

Howard is a pleasure to sit and talk with. He really cares about his friends, and always has something enlightening to say! He is a published poet and scholar. Howard loves to share his knowledge with us all!