

Weekly Leisure Opportunities Independent Living

Monday

8:30 Standing Strength (MPR)
9:30 Seated Exercise (MPR)
9:30 Water Aerobics (pool)
10:00 Daily Devotional (ch. 957)
1:00 Mah Jongg (PDR)
1:00 Chimer's Rehearsal (PLR)
2:00 Chair Volleyball (MPR)

Tuesday

8:30 Functional Fitness (MPR)
9:30 Seated Exercise (MPR)
10:00 Daily Devotional (ch 957)
1:00 Sheepshead (PDR)
2:00-3:00 Wellness Clinic (D218)
2:15 Chair Yoga (MPR)
3:10 Floor Yoga (MPR)
6:30 Mexican Train Dominoes-PDR

Wednesday

8:30 Standing Strength (MPR)
9:30 Seated Exercise (MPR)
9:30 Aqua Zumba (pool)
10:00 Daily Devotional (ch. 957)
1:00 Catholic Mass
(2nd & 4th Wed) (OWT or ch. 957)
1:00 Book Club Discussion
(1st Wednesday only) (PDR)
2:00 Chair Volleyball (MPR)
3:00 Campus Worship
(OWT or ch. 957)

Thursday

8:30 Functional Fitness (MPR)
9:30 Seated Exercise (MPR)
10:00 Daily Devotional (ch. 957)
10:30 Storyteller's Group (PDR)
1:00 Euchre (PDR)
2:00-3:00 Wellness Clinic (D218)
3:00 Cardio Drumming (MPR)
6:30 Hand & Foot/Cards (PLR)

Friday

8:30 Standing Strength (MPR)
9:30 Seated Exercise (MPR)
9:30 Water Aerobics (pool)
9:30 Men's Coffee (OWT)
10:15 Tai Chi (MPR)
1:00 Bridge (PDR)
2:00 Wii Bowling (MPR)
6:30 Friday Night Movie (ch. 955)

Saturday

9:30 Chair Yoga (ch. 955)
2:00 Chair Volleyball (MPR)
6:30 Bingo (PDR)

Sunday

10:00 Heritage Presbyterian
Church Service (ch. 955)