

# 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  
(2<sup>nd</sup> & 4<sup>th</sup> 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

2:00 Chair Volleyball (MPR)  
6:30 Bingo (PDR)

## Sunday

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