



WEEKLY ACTIVITIES

- Mon., Oct. 24:** 10:00 am - Tai Chi
12:00 pm - Monday Movie Madness
- Tues. Oct. 25:** 10:00 am - Mall Walking
2:00 pm - Cooking with Beth
- Wed., Oct. 26:** 10:00am - Chair Yoga
2:00 pm - Art with Mary
- Thur., Oct. 27:** 10:00 am - Low Impact Exercise
2:00 pm - Card Games
- Frid., Oct. 28:** 10:00 am - Walk-a-Mile challenge
2:00 pm - Surprise Activity!!!

