

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Sit & Stretch Exercise ¹ 10:00 Exercise with Weights- RR 10:30 Tai Chi Exercise DVD - RR 1:00 Gardening Club - ST 2:30 Bean Bag Baseball - RR 6:00 Pencil Color Art - LB	9:00 Exercise with Weights- RR ² 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 TV Trivia - RR 6:00 Printable Puzzles - RR	9:00 Sit & Stretch Exercise ³ 9:00 Catholic Communion - CH 10:00 Exercise with Weights- RR 11:30/12:00 Wii Bowling - RR 1:00 Music Videos - RR 2:30 Happy Hour & Music with _____ - RR 6:00 Bingo with Terry- RR	9:00 Exercise with Weights - RR ⁴ 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise - RR 1:00 Music Videos - RR 2:30 Karaoke Hour with Jim & Linda - RR 6:00 Friday Night Movie - RR	9:00 Tai Chi DVD - RR ⁵ 9:45 Stretch & Strength Exercise 11:00 Seated Yoga - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 2:00 Down Memory Lane - LB 3:00 Wii Sports - RR 6:00 Saturday Night Movie - RR
	9:00 Tai Chi DVD - RR ⁶ 9:45 Stretch & Strength DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Exercise - RR 1:00 Afternoon Movie - RR 3:00 Chef Talk with Louis- RR 6:00 Bingo with Terry- RR	***LABOR DAY*** ⁷ 9:00 Exercise with Weights- RR 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30/12:00 Wii Bowling - RR 2:00 Afternoon Bingo with Terry - RR 4:00 to 6:00 p.m. Labor Day Barbecue 6:00 Jigsaw Puzzle Hour - LB	9:00 Sit & Stretch Exercise ⁸ 10:00 Exercise with Weights- RR 10:30 Tai Chi Exercise DVD - RR 11:00 Seated Massages 11:30 Batter & Sprinkle Bake Sale - FL 12:30 Name that Tune with Piano Man Dan - RR 2:30 Bean Bag Baseball - RR 6:00 Pencil Color Art - LB	9:00 Exercise with Weights- RR ⁹ 9:00 Bible Study & Worship- CH 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 TV Trivia - RR 6:00 Printable Puzzles - RR	9:00 Sit & Stretch Exercise ¹⁰ 9:00 Catholic Communion - CH 10:00 Exercise with Weights- RR 11:30/12:00 Wii Bowling - RR 1:00 Music Videos - RR 2:30 Happy Hour & Music with _____ - RR 6:00 Bingo with Terry- RR	9:00 Tai Chi DVD - RR ¹¹ 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 _____ 6:00 Friday Night Movie - RR
	Grandparents Day ¹³ 9:00 Tai Chi DVD - RR 9:45 Stretch & Strength DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Exercise- RR 1:00 Afternoon Movie- RR 4:00 to 6:00 p.m. Grandparent's Day Dinner 6:00 Bingo with Terry- RR	9:00 Exercise with Weights ¹⁴ 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30/12:00 Wii Bowling - RR 1:00 POKENO - RR 2:00 Seated Volleyball-RR 3:00 Horse Races - RR 6:00 Jigsaw Puzzle Hour	9:00 Sit & Stretch Exercise ¹⁵ 10:00 Exercise with Weights- RR 10:30 Tai Chi Exercise DVD - RR 1:00 Veteran's Meeting 1:00 Gardening Club 2:30 Bean Bag Baseball 3:30 _____ 6:00 Pencil Color Art - LB	9:00 Exercise with Weights ¹⁶ 9:45 Sit & Stretch Exercise - RR 2:00 Hula Hoop Contest - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 TV Trivia - RR 6:00 Printable Puzzles - RR	9:00 Sit & Stretch Exercise ¹⁷ 9:00 Catholic Communion - CH 10:00 Exercise with Weights- RR 11:30/12:00 Wii Bowling - RR 1:00 Music Videos - RR 2:30 Happy Hour & Music with _____ - RR 6:00 Bingo with Terry - RR	9:00 Tai Chi DVD - RR ¹⁸ 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 2:30 Karaoke Hour with Jim & Linda - RR 6:00 Friday Night Movie
	9:00 Tai Chi DVD - RR ²⁰ 9:45 Stretch & Strength DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Exercise - RR 1:00 Afternoon Movie- RR 3:00 Teaching Kitchen with Chef Louis: 6:00 Bingo with Terry	9:00 Exercise with Weights ²¹ 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30/12:00 Wii Bowling - RR 1:00 POKENO - RR 2:00 Seated Volleyball-RR 3:00 Horse Races - RR 6:00 Jigsaw Puzzle Hour - LB	***AUTUMN BEGINS*** ²² 9:00 Sit & Stretch Exercise 10:00 Exercise with Weights- RR 10:30 Tai Chi Exercise DVD - RR 11:00 Seated Massages - CR 12:30 Name that Tune with Piano Man Dan - RR 2:00 _____ 6:00 Pencil Color Art - LB	9:00 Exercise with Weights ²³ 9:00 Bible Study & Worship- CH 9:45 Sit & Stretch Exercise 10:30 Tai Chi Exercise DVD 2:30 Afternoon Bingo - RR 3:30 TV Trivia - RR 6:00 Printable Puzzles - RR	9:00 Sit & Stretch Exercise ²⁴ 9:00 Catholic Communion - CH 10:00 Exercise with Weights- RR 11:30/12:00 Wii Bowling - RR 1:00 Music Videos - RR 2:30 Happy Hour & Birthday Party with _____ - RR 6:00 Bingo with Terry- RR	9:00 Tai Chi DVD - RR ²⁵ 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 Video - RR 6:00 Friday Night Movie
	9:00 Tai Chi DVD - RR ²⁷ 9:45 Stretch & Strength DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Exercise - RR 1:00 Afternoon Movie - RR 6:00 Bingo with Terry	9:00 Exercise with Weights ²⁸ 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30/12:00 Wii Bowling - RR 2:00 Crafts Class w/ Art Instructor Marion-RR 6:00 Jigsaw Puzzle Hour	9:00 Sit & Stretch Exercise ²⁹ 10:00 Exercise with Weights- RR 10:30 Tai Chi Exercise DVD - RR 1:00 Gardening Club - ST 2:30 Bean Bag Baseball 3:30 _____ 6:00 Pencil Color Art - LB	1:00 to 4:00 p.m. ³⁰ Aloha Casino Cruise 4:00 to 6:00 p.m. Capitan's Candlelight Dinner		