

Activity Center Schedule August/September 2010

Please call Lylian or Pat at 239-992-5393 for questions and additional information!

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	Tone n' Strengthen	Get Pumped	Tone n' Strengthen		Tone n' Strengthen
8:30am	Strictly Stretching		Strictly Stretching		Strictly Stretching
9:00am				Mat Workout	
9:15am	Water Aerobics		Water Aerobics		Water Aerobics
9:30am			Ladies Bridge		
10:00am		Water Aerobics		Water Aerobics	
12:00pm		Men's Gin Rummy		Men's Gin Rummy	
1:00pm	Mahjong (1:00-4:00pm)			Men's Beginner's Bridge	
2:00pm	Water Aerobics	Water Aerobics	Tone n' Strengthen	Water Aerobics	
2:30pm			Strictly Stretching		
3:00pm				Tweener's Bridge	
3:30pm				Dominoes	
4:00pm		Couples Bridge			
4:30pm					
5:30pm				Ladies Poker	
7:00pm					Movie Night Cancelled until further notice

EXCUSE OUR MESS!

Due to the renovation of the Activity Center, our exercise classes and activities have been moved to the Main Dining Room until further notice. Our Fitness Center and locker rooms are still available for use. Please use the back entrance.

We apologize for the inconvenience.