

MONDAY, 8 a.m. - 5 p.m.

Cards, Games & Billiards All Day

- 8:00 a.m. Coffee .50 w/free bagel/cake
- 9:30 a.m. Seminars
- 10:00 a.m. Billiards
- Low Impact Chair Exercise
- 11:00 a.m. Congregate Meal Program
- 12:30 p.m. Line Dancing
- 1:00 p.m. Computer Class
- 7 p.m. Camera Club

Senior Center Calendar of Activities

TUESDAY, 8 a.m. - 5 p.m.

Cards, Games, Billiards All Day

- 8:00 a.m. Coffee .50 w/ free bagel/cake
- 9:00 a.m. Delray Medical Center
- Glucose/Cholesterol & Aker-
- Kasten Vision Testing- 2nd wk.
- Hearing Testing – 2nd wk.
- 9:30 a.m. Silver Foxes Exercise
- Seminars
- Basic Spanish Class
- 10:30 a.m. Better Breathers Club
- sponsored by the American
- Lung Assoc.- 2nd & 4th wk.
- 11:00 a.m. Congregate Meal Program
- 12:30 p.m. Line Dancing

WEDNESDAY, 8 a.m. - 5 p.m.

Cards, Games, Billiards All Day

- 8:00 a.m. Coffee .50 w/free bagel/cake
- 9:00 a.m. Fitness Room by Dr. Hoffman
- Foot Screening, Dr. Sklar - 1st wk.
- 9:30 a.m. Blood Pressure Check
- Attorney Allen Martincavage
- Bingo
- Tai Chi
- 10:30 a.m. Sign Language
- 11:00 a.m. Lunch or Day Trip
- Congregate Meal Program
- 11:30 a.m. Classic Movies - 3rd wk.
- Travel Log Videos - 4th wk.
- 1:00 p.m. Mah Jong

THURSDAY, 8 a.m. - 5 p.m.

Cards, Games, Billiards All Day

- 8:00 a.m. Coffee .50 w/free bagel/cake
- 8:30 AARP 55 Alive
- 9:00 a.m. Soft Tip Darts
- Billiards
- 9:30 a.m. Silver Foxes Exercise
- 11:00 a.m. Congregate Meal Program
- 1:00p.m. A.N.T.H.U.M. Jazz Dance
- Mah Jong
- 7:30 p.m. AVON

FRIDAY, 8 a.m.- 5 p.m.

Cards, Games, Billiards All Day

- 8:00 a.m. Coffee .50 w/free bagel/cake
- Woodcarving Club
- Billiards
- 9:00 a.m. Hall Insurance - 1st wk.
- 10:30 a.m. Chair Exercise
- 11:00 a.m. Congregate Meal Program
- 12:30 p.m. Line Dancing
- 1:00p.m. Computer Class
- 3:00p.m. 2nd Bus Departs

SATURDAY, 8:30 a.m. - 12 p.m.

- 10:30 a.m. Parenting Grandparents - 2nd

