

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:00 - Gym 8:15 - Chair yoga/ exercise 9:00 - Zumba 9:30 Chronic Disease Self-Management class 10:00- Spades 11:30 -Lunch 12:00 - Nickel Poker 12:30 -Nickel poker	2 8:00- Gym 8:00 - Texercise 8:30 Breakfast 10:00- Bible Study 10:00 Dollar tree 10:0- Music and Memo-ries 11:30 - Lunch 12:30 - Penny Bingo 1:30 -Bridge
5 8:00 Gym 8:30 Weight Watchers 9:30 Wal-Mart 10:15 Chair Yoga 11:30 Lunch 12:00 - Nickel Poker 12:00 Knitting & Crocheting 12:30 Penny Bingo 1:30 Cards 1:30 Table Tennis 	6 8:00 - Gym 8:00 - Texercise 9:00 -Zumba 9:15 Ollies/Chick fil A in Milford 10:15 - Tai Chi 11:30 - Lunch 1:00 - Mahjongg 1:00 - Memory Café 1:00 Caretaker Support	7 8:00 - Gym 8:00 - Texercise 9:00 - Michigan Rummy and Scrabble 9:30 -Bank, P.O., Drug Store 11:30 - Lunch 12:00 Bunco 12:30 Prize Bingo	8 8:00 - Gym 8:15- Chair yoga/ exercise 9:00 - Zumba 9:30 Chronic Disease Self-Management class 10:00- Spades 11:30 -Lunch 12:00 - Nickel Poker 12:30 -Nickel poker 1:00 Blind Support DE	9 8:00- Gym 8:00 - Texercise 8:30 Breakfast 10:00- Bible Study 10:00 Dollar tree 10:0- Music and Memo-ries 11:30 - Lunch 12:30 - Penny Bingo 1:30 -Bridge 

Monday	Tuesday	Wednesday	Thursday	Friday
12 8:00 Gym 8:30 Weight Watchers 9:30 Wal-Mart 10:15 Chair Yoga 11:30 Lunch 12:00 - Nickel Poker 12:00 Knitting & Crocheting 12:30 Penny Bingo 1:30 Cards 1:30 Table Tennis	13 8:00 Gym 8:00 Texercise 9:00 Zumba 10:15 Tai Chi 11:30 Lunch 12:00 Dr. George-PT Works 1:00 Mahjongg 1:00 - Memory Café 	14 8:00 - Gym 8:00 - Texercise 9:00 - Michigan Rummy and Scrabble 9:30 -Bank, P.O., Drug Store 11:30 - Lunch 12:00 Membership Meeting 11:30 Nutrition Ed 12:00 Bunco 12:30 Prize Bingo 4:00 Evening event and dinner	15 8:00 Gym 8:15 –Chair yoga/ exercise 9:00 Zumba 9:15 Teen Challenge and Smiths Cafe 10:00– Spades 10:15 Tai Chi 11:30 Lunch 12:00 - Nickel Poker 12:30 Nickel poker 1:00 Blind Support DE	16 8:00-Gym 8:00 Texercise 8:30 Breakfast 10:00– Bible Study 10:00 Dollar Tree 10:00– Mingo 11:30 Lunch 12:30 Penny Bingo 1:30 –Bridge
19 8:00 Gym 8:30 Weight Watchers 9:30 Wal-Mart 10:15 Chair Yoga 11:30 Lunch 12:00 - Nickel Poker 12:00 Knitting & Crocheting 12:30 Penny Bingo 1:30 Cards 1:30 Table Tennis	20 8:00 Gym 8:00 Texercise 9:00 Zumba 9:15 Conleys Thrift shop 10:15 Tai Chi 11:30 Lunch 1:00 Mahjongg 1:00 - Memory Café 1:00 Caretaker Support	21 8:00 - Gym 8:00 - Texercise 9:00 - Michigan Rummy and Scrabble 9:30 -Bank, P.O., Drug Store 11:30 - Lunch 12:00 Bunco 12:30 Prize Bingo	22 8:00 Gym 8:15 –Chair yoga/ exercise 9:00 Zumba 10:00– Spades 10:15 Tai Chi 11:30 Lunch 12:00 - Nickel Poker 12:30 Nickel poker 	23 8:00-Gym 8:00 Texercise 8:30 Breakfast 10:00– Bible Study 10:00 Dollar Tree 11:30 Lunch 12:30 Penny Bingo 1:30 –Bridge
26 8:00 Gym 8:30 Weight Watchers 9:30 Wal-Mart 10:15 Chair Yoga 11:30 Lunch 12:00 - Nickel Poker 12:00 Knitting & Crocheting 12:30 Penny Bingo 1:30 Cards	27 8:00 Gym 8:00 Texercise 9:00 Zumba 9:15 American Veteran Thrift Shop 10:15 Tai Chi 11:30 Lunch 1:00 Mahjongg 1:00 - Memory Cafe	28 8:00 - Gym 8:00 - Texercise 9:00 - Michigan Rummy and Scrabble 9:30 -Bank, P.O., Drug Store 11:30 - Lunch 12:00 Birthday Celebration 12:00 Bunco 12:30 Prize Bingo	29 8:00 Gym 8:15 –Chair yoga/ exercise 9:00 Zumba 10:00– Spades 11:30 Lunch 12:00 - Nickel Poker 12:30 Nickel poker	30 8:00-Gym 8:00 Texercise 8:30 Breakfast 10:00 Halloween Party 10:00– Bible Study 10:00 Dollar Tree 11:30 Lunch 12:30 Penny Bingo 1:30 –Bridge 