



# SAMPLE

| SUN   | MON  | TUE   | WED   | THU  | FRI  | SAT  |
|---|--|---|---|--|--|--|
|   | <b>1</b><br>9:00a - Walking Club<br>11am - Pickleball<br>1pm - Hand & Foot Cards<br>4pm - Paint & Sips | <b>2</b><br>12:00p-Reel 2 Reel<br>5:00p-Line Dancing<br>6:00p-Fun with Limericks  | <b>3</b><br>1:00p-Tech Time<br>1-5p-Farmers Market<br>5:00p-Aqua Tai Chi  | <b>4</b><br>9:30a-Social<br>10:00a-Cardio and Strength Blast<br>3:00p-Poker 101  | <b>5</b><br>12:00p-View and Review<br>2:00p- Flag Art<br>5:00p Line Dancing  | <b>6</b><br>10:00a-Walk Challenge<br>6:00p-Evening Swim<br>7:00p-Trivia Pursuit  |
| <b>7</b><br>9:00a-Low Impact Aerobics<br>11:00a- Swim<br>6:30p-Bingo  | <b>8</b><br>11:00a-DIY Nail Polish<br>2:30p-Poker<br>5:00p-Water Aerobics                              | <b>9</b><br>12:00p-Reel 2 Reel<br>5:00p-Line Dancing<br>6:00p-Fun with Limericks  | <b>10</b><br>1:00p-Tech Time<br>1-5p-Farmers Market<br>5:00p-Aqua Tai Chi | <b>11</b><br>9:30a-Social<br>10:00a-Cardio and Strength Blast<br>3:00p-Poker 101 | <b>12</b><br>12:00p-View and Review<br>2:00p- Flag Art<br>5:00p Line Dancing | <b>13</b><br>10:00a-Walk Challenge<br>6:00p-Evening Swim<br>7:00p-Trivia Pursuit |
| <b>14</b><br>9:00a-Low Impact Aerobics<br>11:00a- Swim<br>6:30p-Bingo | <b>15</b><br>11:00a-DIY Nail Polish<br>2:30p-Poker<br>5:00p-Water Aerobics                             | <b>16</b><br>12:00p-Reel 2 Reel<br>5:00p-Line Dancing<br>6:00p-Fun with Limericks | <b>17</b><br>1:00p-Tech Time<br>1-5p-Farmers Market<br>5:00p-Aqua Tai Chi | <b>18</b><br>9:30a-Social<br>10:00a-Cardio and Strength Blast<br>3:00p-Poker 101 | <b>19</b><br>12:00p-View and Review<br>2:00p- Flag Art<br>5:00p Line Dancing | <b>20</b><br>10:00a-Walk Challenge<br>6:00p-Evening Swim<br>7:00p-Trivia Pursuit |
| <b>21</b><br>9:00a-Low Impact Aerobics<br>11:00a- Swim<br>6:30p-Bingo | <b>22</b><br>11:00a-DIY Nail Polish<br>2:30p-Poker<br>5:00p-Water Aerobics                             | <b>23</b><br>12:00p-Reel 2 Reel<br>5:00p-Line Dancing<br>6:00p-Fun with Limericks | <b>24</b><br>1:00p-Tech Time<br>1-5p-Farmers Market<br>5:00p-Aqua Tai Chi | <b>25</b><br>9:30a-Social<br>10:00a-Cardio and Strength Blast<br>3:00p-Poker 101 | <b>26</b><br>12:00p-View and Review<br>2:00p- Flag Art<br>5:00p Line Dancing | <b>27</b><br>10:00a-Walk Challenge<br>6:00p-Evening Swim<br>7:00p-Trivia Pursuit |
| <b>28</b><br>9:00a-Low Impact Aerobics<br>11:00a- Swim<br>6:30p-Bingo | <b>29</b><br>11:00a-DIY Nail Polish<br>2:30p-Poker<br>5:00p-Water Aerobics                             | <b>30</b><br>12:00p-Reel 2 Reel<br>5:00p-Line Dancing<br>6:00p-Fun with Limericks | <b>31</b><br>1:00p-Tech Time<br>1-5p-Farmers Market<br>5:00p-Aqua Tai Chi |  |  |  |