

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	Morning Start	Coffee Club	Coffee and Chat	Your Opinion Counts	Current Event of the Week
8:30					
8:30	Stretch	Let's Move! (Walking)	Breathe Right	Exercise to Music	Lets Walk
9:00					
9:30	Break				
10:00	Walking	Couponing	Parachute	Education	Bunco
10:30	Red White Blue			Corner	
11:00	Trivia	1-1 Time	Fact Or Crap	Ball	Balloon
11:30	BLBC	BLBC	BLBC	BLBC	BLBC
12:00	Hot Healthy And Delicious Lunch				
12:30					
1:00	Break				
1:30	Strength	NuStep	Walking	Pass It On	Karaoke Sing Along
2:00	Training (bar)				
2:30	Quiet time				
3:00	Snack time/ quiet time				
3:30	We Got To	Ready Set PARTY!	Wii	Member's	Walking
4:00	Move It! Move It!			Choice	
4:30	Craft Time	Twirl/Twist	Cards H1Q	Bago	Bingo
5:00	or 1-1	Wii	Puzzles 1-1		
5:30	Break/ Handcare	Break	Break	Break	Break
6:00	Ready for Home				