

SUN	MON	TUE	WED	THUR	FRI	SAT						
		9:30 Aqua Aerobics (Indoor Pool) 9:30 Open Painting (Art Studio) 10:00 Guided Meditation (Dayroom 38) 10:00 Thrift Shop (Bldg 15L) 10:00 Thrift Shop Furniture Department (Bldg 5U) 11:00 Computer Assistance (Computer Room Bldg 13L) 11:30 Mindful Movement Exercise Class (Fitness Studio Bldg 5U) 1:00 Mah Jongg (Dayroom 24) 1:30 Multimedia Art Class (Art Studio) 3:00 Pilates Exercise Class (Fitness Studio, Bldg 5U)	1	9:30 Aqua Aerobics (Indoor Pool) 10:00 Coffee and Scripture (Swan Room) 11:30 Arthritis Exercise (Fitness Studio, Bldg 5U) 1:30 Rummikub (Dayroom 33) 2:00 Beading with Rima (Art Studio) 2:00 Chapel (C Lounge) 3:00 Dance Mix (Fitness Studio, Bldg 5U)	2	8:30 LivWell Blood Pressure Clinic (Fitness Center) 9:00 Drawing Class with Frank Pastore (Art Studio) 9:30 Aqua Aerobics (Indoor Pool) 10:00 Thrift Shop (Bldg 15L) 10:00 Thrift Shop Furniture Department (Bldg 5U) 11:00 Computer Assistance (Computer Room Bldg 13L) 1:00 Beading with Beth (Art Studio) 1:00 Canasta (Dayroom 24) 2:00 Bingo (Executive Conference Room) 2:00 Pool Players Get-together (Dayroom 6U) 4:00 Presbyterian Church Service (Meeting Room)	3	9:30 Aqua Aerobics (Indoor Pool) 9:30 Creative Stationery (Art Studio) 11:30 Seated Body Tune-up Exercise Class (Fitness Studio, Bldg 5U) 12:00 Stand Tall, Don't Fall Exercise Class (Fitness Studio, Bldg 5U) 1:30 Scrabble (Dayroom 33) 2:00 Current News (C Lounge)	4	2:00 Chin Yun Chorus Rehearsal (Meeting Room)	5	
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January 2019