



## Senior Nutrition Center Activity Schedule 2019/2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:30 AM</b>	Doors Open	Doors Open	Doors Open	Doors Open	Doors Open
<b>9:00-9:45 AM</b>	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
<b>9:15-11:15 AM</b>				ART CLASS Sumi-e Painting (9:00-11:00 AM)	
<b>10:00 AM</b>	Pep N' Step (Walking Club)	Spiritual Workshop	Pep N' Step (Walking Club)		Senior Advisory Meeting*/Educational Classes/Let's Talk Discussion Group*
<b>11:00 AM- 12:00 PM</b>	Bingo	Bingo	Bingo	Feeling Fit Club	Bingo
<b>12:00-12:30 PM</b>	Lunch	Lunch	Lunch	Lunch	Lunch
<b>12:30-1:30 PM</b>	Cards/ Socializations	Cards/ Socializations	Cards/ Socializations	Cards/ Socializations	Cards/ Socializations
<b>1:30 PM</b>	Doors Close	Doors Close	Doors Close	Doors Close	Doors Close

\* Senior Advisory meets last Friday of the month

\* Let's Talk Discussion Group-Takes place once a month on the first Friday of each month