



Senior Nutrition Center Activity Schedule 2019/2020

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