

Daily Activities

Shuffleboard Courts Open – North Patio
(Check – out Equipment at Activities Desk)

Mondays

8:30 - 10:00	Coffee Time	N/A
8:30 - 2:30	Billiards	B/R
8:30 - 2:30	Table Games	C/R
9:00 - 2:00	ESOL	C/1
9:30 - 2:30	Crafts w/Roberta	CR/2
9:00 - 2:00	VIP Crafts	C/2
10:00 - 1:30	Ceramics	CR/1
10:15 – 11:30	Sing-A-Long	M/R
10:00 – 11:30	Book & Media Review	Lib
10:00 – 11:30	Beareavement Support	CF
11:45	Lunch served by BMOW	M/H
12:30 - 2:00	Center Bingo	M/H
1:00 - 4:00	Canasta	S/A
2:30 - 4:30	Computer Class	

Tuesdays

8:30 - 10:00	Coffee Time	N/A
8:30 - 2:30	Billiards	B/R
8:30 - 2:30	Table Games	C/R
9:00 - 2:00	ESOL	C/1
9:30 - 2:30	Crafts w/Roberta	CR/2
9:00 - 11:00	Computer Classes	
10:00 - 11:30	Issues & Opinions	C/2
10:00 – 1:30	Ceramics	CR/1
10:30 – 11:30	Fun w/Foods	F/L
11:30 - 1:30	Computer Classes	
11:45	Lunch served by BMOW	M/H
1:00 - 4:00	Pinochle	S/A
1:00 - 4:00	Progressive Bridge	N/A
2:30 - 4:30	Computer Class	

Wednesdays

8:30 - 10:00	Coffee Time	N/A
8:30 - 2:30	Billiards	B/R
8:30 - 2:30	Table Games	C/R
9:00 - 2:00	ESOL	C/1
9:30 - 2:30	Crafts w/Roberta	CR/2
9:30 - 11:30	Sewing	CR/1
9:00 - 11:30	Computer Classes	
10:00 - 11:30	Sharing Group	Admin. Conf. Room
9:30 - 2:30	VIP Crafts	C/2
11:45	Lunch served by BMOW	M/H
12:30 - 2:30	Social Dance	M/H
	(Bingo or Entertainment)	
(Check Special Activities program for group and type of Music & Dance)		
2:00 - 4:00	Computer	

Thursdays

8:30 - 10:00	Coffee Time	N/A
8:30 - 2:30	Billiards	B/R
8:30 - 2:30	Table Games	C/R
9:00 - 2:00	ESOL	C/1
9:30 - 2:30	Crafts w/Roberta	CR/2
9:00 - 11:30	Computer Classes	M/R
10:00 - 1:30	Ceramics	CR/1
10:00 - 11:30	Caregivers Support	C/2
11:45	Lunch served by BMOW	M/H
12:30 - 2:00	Center Bingo	M/H
12:30 - 2:30	Crafts w/ Roberta	CR/2
1:00 - 4:00	Duplicate Bridge	N/A
1:00 - 4:00	Canasta	F/L
2:30 - 4:00	Rummy-Q	S/A

Fridays

8:30 - 10:00	Coffee Time	N/A
8:30 - 2:30	Billiards	B/R
8:30 - 2:30	Table Games	C/R
9:00 - 2:00	ESOL	C/I
9:00 - 11:30	Computer Classes	
10:00 - 1:30	Ceramics	CR/1
10:00 - 11:30	Open Poetry Reading	C/R
11:45	Lunch served by BMOW	M/H
12:30 - 2:30	Crafts w/Roberta	
12:30 - 1:30	Friday Bingo	M/H
3:00 - 4:00	Country Line Dance	M/H

Senior Center Special Events

JULY

7/21 Christmas in July Bazaar (\$10.00 in advance for display tables)

AUGUST

8/18 Flea Market (sponsored by the Citizen's Community Council)

8/25 Beach Blast Day

SEPTEMBER

9/6 Center Closed- Labor Day

Health Support

UPCOMING SPECIAL EVENTS

Health Fair - Twice a year

Flu Shots - Once a year

Mammograms - Anually

Beauty Salon Trips - Once a month

Pines Day Parade - Every April

BLOOD PRESSURE

Days: Monday thru Friday

Hours: 9:30 a.m. - 1:00 p.m.

Weight also available

EXERCISES

Monday, Wednesday and Thursday 11:00 a.m. - 11:30 a.m.

Every other Tuesday 11:00 a.m. - 11:30 a.m.

LECTURES

Every Tuesday

10:30 a.m. - 11:30 a.m. and 12:30 p.m. - 1:30 p.m.

Call center for details

SUPPORT GROUPS

Visually Impaired Person (VIP): Monday and Wednesday 9:30 a.m. - 2:00 p.m.

PARKINSON: Second and Fourth Friday 2:00 p.m. - 3:00 p.m.

WALKING TRIP

Once a month

Call center for details

Donations are welcomed and appreciated.

Counseling Department

Mondays : 10:00 - 11:30 a.m. Bereavement Support Group

Mondays: 10:00 - 11:30 a.m. Book Review

Tuesdays: 12:30 - 2:00 p.m. Depression Support Group

Wednesdays: 10:00- 11:30 a.m. Sharing Group

Thursdays: 10:00 - 11:30 a.m. Caregivers Support Group

Fridays: 10:00 - 11:30 a.m. Issues and Opinions