

2017 DAILY ACTIVITIES FOR CHSCC KENNEDY \*(2<sup>nd</sup> & 4<sup>th</sup> Fridays)

**MONDAY**  
Billiards & Games  
 9am – 5pm  
 (Game Room)  
Computer Lab  
 9am – 12pm  
 (Sub-Basement)  
Quilting  
 10am – 1pm  
 (Arts & Crafts)  
Bowling  
 10am - 1:30pm  
Senior Strollers  
 (Walking Club)  
 10am – 11am  
Tai – Chi  
 (Green Room)  
 11:30am – 12:30pm  
Grandparent Reading  
 (Green Room)  
 12:30pm – 1:30pm  
Spanish Class  
 1:30pm – 3pm  
Monday Specials  
 (Auditorium)  
 2:30pm – 4:30pm  
Wii Fitness  
 (Dining Room)  
 2:30pm – 4:30pm

**TUESDAY**  
Billiards & Games  
 9am – 5pm  
 (Game Room)  
Computer Lab  
 9am – 12pm  
 (Sub-Basement)  
Computer Instruction  
 10:00am – 12:00pm  
Basketball Seniorifics  
 (Kennedy Gym)  
 10:30am – 11:30am  
Staywell  
 (Auditorium)  
 11:30am – 12:30pm  
Movement Speaks  
Dance  
 (Auditorium)  
 1:30pm – 3pm  
Bingo  
 (Dining Room)  
 2:30pm – 4:30pm  
Bereavement Support  
Group  
 1:30pm – 3pm

**WEDNESDAY**  
Billiards & Games  
 9am – 5pm  
 (Game Room)  
Computer Lab  
 9am – 12pm  
 (Sub-Basement)  
Computer Instruction  
 10:00am – 12:00pm  
Quilting  
 10am – 1pm  
 (Arts & Crafts)  
Leisure Bridge  
 10am – 3pm  
Chair Yoga  
 (Auditorium)  
 11:00am – 12:00pm  
Doll Making Class  
 1:30pm – 3pm  
Jewelry Class  
 (Dining Room)  
 2:30pm – 4:30pm  
PoKeNo  
 (Dining Room)  
 2:30pm – 4:30pm  
Swimming  
 10am – 11:30am

**THURSDAY**  
Billiards & Games  
 9am – 5pm  
 (Game Room)  
Computer Lab  
 9am – 12pm  
 (Sub-Basement)  
Beyond the Pain  
Support Group  
 9:00am – 11:30am  
Computer Instruction  
 10:00am – 12:00pm  
Yoga  
 (Green Room)  
 11:30am – 12:30pm  
Bingo  
 (Dining Room)  
 2:30pm – 4:30pm

**FRIDAY**  
Billiards & Games  
 9am – 5pm  
 (Game Room)  
Computer Lab  
 9am – 12pm  
 (Sub-Basement)  
Book Club\*  
 (Dining Room)  
 10:am – 12pm  
Zumba  
 (Auditorium)  
 11:30am – 12:30pm  
Line Dancing  
 (Auditorium)  
 1:30pm – 4:30pm  
PoKeNo  
 (Dining Room)  
 2:30pm – 4:30pm  
Wii Fitness  
 2:30 – 4:30PM  
Benefits Counseling  
 10:30am – 1:30pm  
Blood Pressure  
Screening\*  
 10:30am – 1:30pm