

2017 DAILY ACTIVITIES FOR CHSCC KENNEDY *(2nd & 4th 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)
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
Yoga
 (Green Room)
 11:30am – 12:30pm
Bingo
 (Dining Room)
 2:30pm – 4:30pm
Laugh Club
 (Arts & Crafts)
 2:30pm – 3:30pm

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