

2016 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

(Auditorium)

11:30am – 12:30pm

Grandparent Reading

(Green Room)

12pm – 1pm

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

9:30am – 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