

ElderServe Weekly Activity Schedule

Monday

9a Tai Chi
10a Walking Club
10a-12p Quilting
10:30 Chess
11a Aerobics
12p Lunch
1p Make It Monday
1p Beginner Spanish
1:30p BINGO
2p Gentle Movement

Wednesday

9a Table Tennis
9a Walking Club
10a-Yoga
10a Chair Volleyball
11a Chair Exercise
12 Wednesday Workshop
12p Lunch
1:30p BINGO
CORN HOLE ALL DAY EVERY DAY !!!

Friday

9a Crochet
9a Table Tennis
10a Quilting
10a Line Dancing
11a Movement with Marisa
12p Lunch
12:30-1:30 Chair Volleyball
1:30-3 BINGO

Tuesday

9a Crochet
10a Chair Volleyball
10a-12p Quilting
11a Music
12p Lunch
1p Line Dancing
2p Puzzle Club
2p CHESS

Thursday

9a Tai -Chi
10a Journaling
11a Music
12p Lunch
1p Bible Study
1p Matinee Movie
2p Name That Tune
CORN HOLE ALL DAY EVERY DAY !!!

Notes

Activities are open to community Seniors 55 and older Mon.-Fri. 9-4:00.

Lunch is served daily from 12p-1p. Register by 2 pm the day before to reserve your meal!

Monthly Senior Resource Fair the Second Wednesday of every month from 11:30-1:30.

Follow us on FACEBOOK for updates!
QUESTIONS? CALL 502-778-7418