

Sun	Mon (Open 7:30-5)	Tue (Open 7:30-5)	Wed (Open 7:30-5)	Thu (Open 7:30-5)	Fri (Open 7:30-5)	Sat (Open 8:30-4)
	<b>1 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Brain Integration</li> <li>Discussion Group</li> <li>Poker Club</li> <li>Crafts w/ Liz</li> <li>30 Day Challenge</li> </ul>	<b>2 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Veterans Club</li> <li>Brain Integration</li> </ul> <p><i>Spring Fling Party w/ Old Hippies Friends &amp; Family Welcome!</i></p>	<b>3 Afternoon Activities</b> <ul style="list-style-type: none"> <li>History Series</li> <li>Brain Integration</li> <li>Resistance Training</li> <li>Poker Club</li> <li>Golden Oldies</li> </ul>	<b>4 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Veterans Club</li> <li>Brain Integration</li> <li>Sports Fitness</li> <li>Poker Club</li> <li>Bingo</li> </ul>	<b>5 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Travelodge</li> <li>Brain Integration</li> <li>Zumba</li> <li>Poker Club</li> <li>Bible Study</li> </ul>	<b>6 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Trivia</li> <li>Sing-a-Long</li> <li>Chair Exercises</li> <li>Brain Integration</li> <li>Golf</li> </ul>
7	<b>8 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Brain Integration</li> <li>Discussion Group</li> <li>Poker Club</li> <li>Crafts w/ Liz</li> <li>30 Day Challenge</li> <li>Patio Chat</li> </ul>	<b>9 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Veterans Club</li> <li>Brain Integration</li> <li>Poker Club</li> <li>Chair Fitness</li> <li>Bingo</li> </ul> <p>VISIONARY ART</p>	<b>10 Afternoon Activities</b> <ul style="list-style-type: none"> <li>History Series</li> <li>Brain Integration</li> <li>Resistance Training</li> <li>Golden Oldies</li> </ul> <p>KARAOKE W/ JIMMY &amp; FRIENDS</p>	<b>11 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Veterans Club</li> <li>Brain Integration</li> <li>Bingo</li> <li>Poker Club</li> </ul> <p>Bob &amp; Dee Polka Music</p>	<b>12 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Travelodge</li> <li>Brain Integration</li> <li>Zumba</li> <li>Golf</li> <li>Bible Study</li> </ul> <p>Dance w/Frankie P.</p>	<b>13 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Golf</li> <li>Chair Exercises</li> <li>Brain Integration</li> <li>Sing-a-long</li> <li>Bingo</li> </ul>
14	<b>15 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Brain Integration</li> <li>Discussion Group</li> <li>30 Day Challenge</li> <li>Poker Club</li> <li>Crafts w/ Liz</li> <li>Patio Chat</li> </ul>	<b>16 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Veterans Club</li> <li>Brain Integration</li> <li>Chair Fitness</li> <li>Poker Club</li> <li>Bingo</li> <li>Patio Chat</li> </ul>	<b>17 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Brain Integration</li> <li>Resistance Training</li> <li>History Series</li> <li>Poker Club</li> <li>Golden Oldies</li> <li>Bingo</li> </ul>	<b>18 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Veterans Club</li> <li>Brain Integration</li> <li>Sports Fitness</li> <li>Poker Club</li> </ul> <p>DINNER DANCE 5-7 DARYL MAGILL</p>	<b>19 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Travelodge</li> <li>Brain Integration</li> <li>Poker Club</li> <li>Bible Study</li> </ul> <p>Sing &amp; Dance w/ Bruce &amp; Sandra</p>	<b>20 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Trivia</li> <li>Sing-a-Long</li> <li>Chair Exercises</li> <li>Brain Integration</li> <li>Golf</li> <li>Poker</li> </ul>
21	<b>22 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Brain Integration</li> <li>Discussion Group</li> <li>Crafts w/ Liz</li> <li>30 Day Challenge</li> <li>Poker Club</li> <li>Patio Chat</li> </ul>	<b>23 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Veterans Club</li> <li>Brain Integration</li> <li>Patio Chat</li> <li>Poker Club</li> <li>Chair Fitness</li> </ul> <p>VISIONARY ART</p>	<b>24 Afternoon Activities</b> <ul style="list-style-type: none"> <li>History Series</li> <li>Brain Integration</li> <li>Resistance Training</li> <li>Poker Club</li> <li>Golden Oldies</li> <li>Bingo</li> </ul>	<b>25 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Veterans Club</li> <li>Brain Integration</li> <li>Poker Club</li> <li>Bingo</li> <li>Sports Fitness</li> </ul> <p>AYCOCK BIRTHDAY PARTY</p>	<b>26 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Travelodge</li> <li>Brain Integration</li> <li>Chair Fitness</li> <li>Poker Club</li> <li>Bible Study</li> </ul> <p>Dance w/Frankie P.</p>	<b>27 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Golf</li> <li>Chair Exercises</li> <li>Brain Integration</li> <li>Sing-a-long</li> <li>Bingo</li> </ul>
28	<b>29 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Brain Integration</li> <li>Discussion Group</li> <li>30 Day Challenge</li> <li>Poker Club</li> <li>Crafts w/ Liz</li> <li>Patio Chat</li> <li>Bingo</li> </ul>	<b>30 Afternoon Activities</b> <ul style="list-style-type: none"> <li>Veterans Club</li> <li>Brain Integration</li> <li>Poker Club</li> <li>Chair Fitness</li> <li>Bingo</li> <li>Patio Chat</li> <li>Bottoms Up</li> </ul>				

### Morning Programs

9:30-11:45 am

- Brain Fitness 9:30-10:30am
- Trivia
- Discussion Groups
- Puzzlers
- News & Debate
- Exercise 10:30-11:45 am
- Weight Lifting
- Chair Aerobics
- Strength & Conditioning

**Lunch: 12:00 pm-12:30 pm**

Afternoon Program: 12:30-5:00pm

Activity options vary daily.

*Thank you to the following entertainers for donating their time and resources.*

**Aycock Funeral Home**

**Bob & Dee**

**Frankie P.**

**Old Hippies**

**Joette Giorgis**

**Daryl Magill**

**Bruce & Sandra**

**Betty Reid & Dave**

**Jimmy & Friends**

**CLOSED SUNDAYS**

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