

Senior Independence Adult Day Care meets Wednesdays, Thursdays & Fridays at 10 am

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	<b>1</b> 8:00 Walking 9:30 Drop in Bridge (G) 9:30 Cardio & Core (B) 9:45 Bridge III (P) 10:00 Massage © 12:15 Majhong (G) 1:30 Line Dance (P)	<b>2</b> 9:00 Morning Painting (P) 10:15 Strength & Stretch (B) 12:30 Afternoon Painting (P) 6:00 One Stroke Painting (P)	<b>3</b> 8:00 Walking 9:30 Cardio & Core (B) Noon Handwork (G) 1:30 Zumba (B)	<b>4</b> 9:30 BP Nurse © 10:15 Strength & Stretch (B) 10:30 Fuel for the Brain (G) 12:00 AARP Tax Aide (G) 2:00 Self Assessment Driver (B)	<b>5</b> 9:30 Cardio & Core (B) 12:30 Bridge (B)	<b>6</b>
<b>7</b>	<b>8</b> 8:00 Walking 9:00 Podiatry © 9:30 Drop in Bridge (G) 9:30 Cardio & Core (B) 12:15 Majhong (G) 1:00 Manicure/Pedicure © 1:30 Line Dance (P)	<b>9</b> 9:00 Morning Painting (P) 10:15 Strength & Stretch (B) 12:30 Afternoon Painting (P) 1:00 Low Vision (B) 6:00 One Stroke Painting (P) 6:30 Fuel for the Brain (G) 6:30 40/70 Talk (B)	<b>10</b> 8:00 Walking 9:30 Cardio & Core (B) <b>10:45 Cleveland Orchestra Trip</b> Noon Handwork (G) 1:30 Zumba (B) 2:45 Movie "Up" (B) 6:30 Mezuzah Glass (P)	<b>11</b> 9:00 Greeting Cards (G) 9:30 BP Nurse © 10:15 Strength & Stretch (B) 12:00 AARP Tax Aide (G) <b>4:30 St. Pat's Party (B) Murphy Irish Dancers</b>	<b>12</b> 9:30 Cardio & Core (B) 12:30 Bridge (B) <b>12:30 Lunch Bunch John Q's PPLC</b>	<b>13</b>
<b>14</b>	<b>15</b> 8:00 Walking 9:30 Drop in Bridge (G) 9:30*Cardio & Core (B) 9:45 *Bridge IV (P) 10:00 Massage © 12:15 Majhong (G) 1:30*Line Dance (P)	<b>16</b> 9:00 *Morning Painting (P) 10:15*Strength & Stretch (B) 12:30*Afternoon Painting (P) 1:00 Hungarian Club (B)	<b>17</b> 8:00 Walking 9:30*Cardio & Core (B) 10:00 Dolls for Hillcrest (G) Noon Handwork (G) 1:30* Zumba (B)	<b>18</b> 9:00 AARP Tax Aide (G) 9:30 BP Nurse © 10:15*Strength & Stretch (B) 3:30 Caregiver Support (G)	<b>19</b> 9:30*Cardio & Core (B) 12:30*Bridge (B)	<b>20</b>
<b>21</b>	<b>22</b> 8:00 Walking 9:00 Podiatry © 9:30 Drop in Bridge (G) 9:30 Cardio & Core (B) 9:45 Bridge IV (P) 12:15 Majhong (G) 1:00 Manicure/Pedicure © 1:30 Line Dance (P)	<b>23</b> 9:00 Morning Painting (P) 10:15 Strength & Stretch (B) 12:30 Afternoon Painting (P) 6:00 *Water Strokes (P)	<b>24</b> 8:00 Walking 9:30 Cardio & Core (B) 10:30 OSACA (B) Noon Handwork (G) 1:30 Zumba (B) 2:45 Movie "Coco Chanel" (B)	<b>25</b> 9:00 AARP Tax Aide (G) <b>9:15 Sewing/Quilt Expo Trip</b> 9:30 BP Nurse © 10:15 Strength & Stretch (B) 1:00*Take Charge (B)	<b>26</b> 9:30 Cardio & Core (B) 12:30 Bridge (B)	<b>27</b>
<b>28</b>	<b>29</b> 8:00 Walking 9:30 Drop in Bridge (G) 9:30 Cardio & Core (B) 9:45 Bridge IV (P) 10:00 Massage © 1:30 Line Dance (P)	<b>30</b> 9:00 Morning Painting (P) 10:15 Strength & Stretch (B) 12:30 Afternoon Painting (P) 6:00 Water Strokes	<b>31</b> 8:00 Walking 9:30 Cardio & Core (B) Noon Handwork (G) 1:30 Zumba (B)	B = Blue Room P = Purple Room G = Green Room C = Clinic  * New Session		





