



Tuesday	Wednesday	Thursday	Friday
<p>3rd</p> <p>9:30-10:00 Chair Exercise 10:00-12:00 Canasta</p> <p>10:00- 11:30 Mexican Train Dominoes 10:30 – 11:30 Ask the Nurse</p> <p>11:00 – 12:00: 2023 Vision Board, what do you want to be in 2023 – Part II</p> <p>12:00- 1:00 Lunch* 1:00-2:00 BINGO*</p>	<p>4th</p> <p>9:00 – 9:30 Chair Exercise 9:00-12:00 Open Painting</p> <p>9:30-12:00 Social Bridge 10:00 Let's Play Board Games</p> <p>11:30-12:30 Caregiver Support Group (1st Wed. of each month)</p> <p>10:30 – 11:30 JEOPARDY & Brain Games! 4:00-5:30PM Line Dancing Class*</p>	<p>5th</p> <p>9:30-10:00 Chair Exercise 10:00-11:00 Wii Bowling</p> <p>10:00-11:00 Tai Chi w/Dennis 10:00-12:00 Canasta</p> <p>11:00 – 12:00: Nutrition: Explore the anti-inflammatory diet</p> <p>12:00-1:00 Lunch* 1:00-2:00 BINGO*</p>	<p>6th</p> <p>10:00-12:00 Dominoes Fun</p> <p>10:30 – 11:30 Bocce Ball 10:30-11:30 Tap Dance Class* 10:30- 11:30 JEOPARDY & Brain Games</p> <p>12:00-3:00 Duplicate Bridge*</p>
<p>10th</p> <p>9:30-10:00 Chair Exercise 10:00-12:00 Canasta</p> <p>10:00- 11:30 Mexican Train Dominoes 10:30 – 11:30 Ask the Nurse</p> <p>11:00 – 12:00 Senior Center Cookbook Kick-Off</p> <p>12:00- 1:00 Lunch* 1:00-2:00 BINGO*</p>	<p>11th</p> <p>9:00 – 9:30 Chair Exercise 9:00-12:00 Acrylic Painting w/Instructor, Sarah*</p> <p>9:30-12:00 Social Bridge 10:00 Let's Play Board Games</p> <p>10:30 – 11:30 JEOPARDY & Brain Games! 4:00-5:30PM Line Dancing Class*</p> 	<p>12th</p> <p>9:30-10:00 Chair Exercise 10:00-11:00 Wii Bowling</p> <p>10:00-11:00 Tai Chi w/Dennis 10:00-12:00 Canasta</p> <p>11:00 – 12:00: Make-overs & Photos by a local photographer*</p> <p>11:30 Hisshin Sumi-E Painting Class*</p> <p>12:00-1:00 Lunch* 1:00-2:00 BINGO*</p>	<p>13th</p> <p>10:00-12:00 Dominoes Fun</p> <p>10:30 – 11:30 Bocce Ball 10:30-11:30 Tap Dance Class* 10:30- 11:30 JEOPARDY & Brain Games</p> <p>2:00-3:00 Duplicate Bridge*</p> 
<p>17th</p> <p>9:30-10:00 Chair Exercise 10:00-12:00 Canasta</p> <p>10:00- 11:30 Mexican Train Dominoes 10:30 – 11:30 Ask the Nurse</p> <p>11:00 – 12:00: Make-overs & Photos by a local photographer*</p> <p>12:00-1:00 Lunch* 1:00-2:00 BINGO*</p>	<p>18th</p> <p>9:00 – 9:30 Chair Exercise 9:00-12:00 Open Painting</p> <p>9:30-12:00 Social Bridge 10:00 Let's Play Board Games</p> <p>10:30 – 11:30 JEOPARDY & Brain Games! 4:00-5:30PM Line Dancing Class*</p>	<p>19th</p> <p>9:30-10:00 Chair Exercise 10:00-11:00 Wii Bowling</p> <p>10:00-11:00 Tai Chi w/Dennis 10:00-12:00 Canasta</p> <p>11:00 – 12:00: Birthday Bash w/Musical Guest Lou Parisi</p> <p>12:00-1:00 Lunch* 1:00-2:00 BINGO*</p>	<p>20th</p> <p>10:00-12:00 Dominoes Fun</p> <p>10:30 – 11:30 Bocce Ball 10:30-11:30 Tap Dance Class* 10:30- 11:30 JEOPARDY & Brain Games</p> <p>12:00-3:00 Duplicate Bridge*</p>
<p>24th</p> <p>9:30-10:00 Chair Exercise 10:00-12:00 Canasta</p> <p>10:00- 11:30 Mexican Train Dominoes 10:30 – 11:30 Ask the Nurse</p> <p>11:00 – 12:00: Ameris Bank talks about your \$ and inflation</p> <p>12:00-1:00 Lunch* 1:00-2:00 BINGO*</p>	<p>25th</p> <p>9:00 – 9:30 Chair Exercise 9:00-12:00 Open Painting</p> <p>9:30-12:00 Social Bridge 10:00 Let's Play Board Games</p> <p>10:30 – 11:30 JEOPARDY & Brain Games! 4:00-5:30PM Line Dancing Class*</p>	<p>26th</p> <p>9:30-10:00 Chair Exercise 10:00-11:00 Wii Bowling</p> <p>10:00-11:00 Tai Chi w/Dennis 10:00-12:00 Canasta</p> <p>11:00 Discussion w/Legal Aid's Megan Wall, "What if I Die Without a Will?"</p> <p>12:00-1:00 Lunch* 1:00-2:00 BINGO*</p>	<p>27th</p> <p>10:00-12:00 Dominoes Fun</p> <p>10:30 – 11:30 Bocce Ball 10:30-11:30 Tap Dance Class* 10:30- 11:30 JEOPARDY & Brain Games</p> <p>12:00-3:00 Duplicate Bridge*</p>
<p>31st</p> <p>9:30-10:00 Chair Exercise 10:00-12:00 Canasta</p> <p>10:00- 11:30 Mexican Train Dominoes 10:30 – 11:30 Ask the Nurse</p> <p>11:00 – 12:00: Clear Caption Visual Phones</p> <p>12:00-1:00 Lunch* 1:00-2:00 BINGO*</p>			<p>Programs at THE PLAYERS are sponsored by:</p> 

*Fee required for program/activity