



THE CLUB MORNING SCHEDULE

MORNING 08:30-11:30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30	Coffee and News	Coffee and Name that Tune	Coffee and Trivia	Coffee and Word Games	Coffee and Reminiscing	Coffee and a Show	Coffee and History
09:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:30	Stretch and Strengthen	Weights and Balance	Gentle Yoga	Sit and Be Fit	Move and Groove	Cardio Blast	Stand up Pilates
10:00	Ted Talk	Mind Maze	Bingo	Tech Corner	Acrylic Painting	Trivia - 1950's	Table Puzzles
10:30	Baking with Chef	Snacks by the Wetlands	Classic Black and White Film	Gardening in The Courtyard	Outdoor Walk by The Lake	Armchair Travel & Bites	Lakeside Snack
11:00	Pet Therapy with Henry	Water Coloring Painting	Video Gaming	Musical Instruments	Board Games	Snack Break and Sing - A - Long	Lawn Games



THE CLUB AFTERNOON SCHEDULE

AFTERNOON 12:30–3:30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00	Zumba	Tai Chi	Weights Exercise	Balance Training	Gentle Cardio	Stretch and Strengthen	Move and Groove
1:30	Brain Teasers	Bingo	Armchair Travel	Current Evens	Creative Touch	Name that Tune	Sports Trivia
2:00	Pet Therapy with Henry	Gratitude Journalling	Outdoor Walk by the Lake	Zen Colouring	Pet Therapy with Henry	Flower Arranging	Meditation
2:30	Ice Cream Social	Smore's Making	Melody Snack Break	Puzzle and Snacks	Afternoon Tea Social	Chef's Corner	Snack Journey around the World
3:00	Karaoke	Cribbage	Classic Games	Vintage Movie Classics	Video Games	Lakeside Stroll	Bocce Ball