

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<i>Menu</i>	
PAPERBOARD	3.	8:30 Tennis 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:00 Senator's Aide 11:30 Lunch 12:30 Duplicate Bridge	4. 9:30 1-1 Computer 9:30 Pinochle 10:00 Makeup Nordic Walk 10:30 Gentle Exercise 10:30 Italian 11:30 Lunch 12:30 Pitch 1:00 Book Club	5. 9:00 Adult Fitness 9:15 Chess 10:00 Golf 10:00 Trivia 10:05 Aerobics 9:30 Computer Help 11:30 Lunch 1:00 Bridge	6. 8:30 Tennis 10:00 Knitting 10:30 Gentle Exercise 11:30 Lunch 12:30 Rubber Bridge 1:00 Table Tennis 2:00 Heart Health @	7. 10:00 Adult Fitness 10:00 Bridge Lessons 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mah Jong	Reservations—24 hr notice 565-4150 3. Kielbasa 4. Grilled Chicken Sandwich 5. Spaghetti & Meatballs 6. Orange Chicken 7. Florentine Pollock 10. BBQ Beef Brisket 11. Breakfast Burrito 12. Chicken Parmesan Sandwich 13. Oven Roasted Turkey 14. Fish & Cheese Sandwich 17. Meat Loaf 18. Country Fried Chicken 19. Baked Ziti 20. Birthday Bash Chef Salad 21. Crusted Potato Cod 24. Chicken Tenders 25. Grilled Ham & Cheese Sandwich 26. Meat Ravioli 27. Grilled Pork Chop 28. Coconut Mango Tilapia 31. Clam Roll	
	GLASS METAL	10. 8:30 Tennis 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge	11. 9:30 Pinochle 10:00 Emerson BP 10:00 New Nordic Walk 10:30 Gentle Exercise 10:30 Italian 11:30 Lunch 12:30 Pitch 1:00 Artist's Studio	12. 9:00 Blood Sugars 9:00 Adult Fitness 9:15 Chess 9:00 SHINE 9:30 Computer 10:00 Trivia 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Wii	13. 8:30 Tennis 10:00 Knitting 10:30 Gentle Exercise 11:30 Lunch 12:30 Rubber Bridge 1:00 Table Tennis 1:00 Massage	14. 10:00 Adult Fitness 10:00 Bridge Lessons 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mah Jong		
PAPERBOARD	17.	9:00 Adult Fitness 10:05 Aerobics 10:00 Blood Pressure 10:00 Bridge Refresher 10:10 Aerobics 11:30 Lunch 12:30 Duplicate Bridge	18. 9:30 Pinochle 10:00 Nordic Walking 10:30 Gentle Exercise 10:30 Italian 11:30 Lunch 12:30 Pitch 1:00 Discussion Group	19. 9:00 Adult Fitness 9:15 Chess 9:30 Computer Help 10:00 Pneumonia Clinic 10:00 Trivia 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Wii	20. 10:00 Knitting 10:30 Gentle Exercise 11:30 Birthday Bash 12:30 Rubber Bridge 1:00 Table Tennis	21. 9:00 Footcare 9:00 Adult Fitness 10:00 Bridge Lessons 11:30 Lunch 12:30 Duplicate Bridge 12:30 Movie – Frost Nixon 1:00 Mah Jong		
	GLASS TVLEW	24. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge	25. 8:30 News Collating 9:30 Pinochle 10:00 Nordic Walking 10:30 Gentle Exercise 10:30 Italian 11:30 Lunch 11:45 Fidelco Visit 12:30 Pitch 1:00 Artist's Studio	26. 9:00 Adult Fitness 9:15 Chess 9:30 Computer Help 9:00 SHINE 10:00 Trivia 10:05 Aerobics 11:30 Lunch 12:00 Patio Party 1:00 Bridge 1:00 Wii	27. 10:00 Knitting 10:30 Gentle Exercise 11:30 Lunch 12:00 Patio Party Raindate 12:30 Rubber Bridge 1:00 Table Tennis 1:00 Massage	28. 10:00 Adult Fitness 10:00 Bridge Lessons 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mah Jong		
PAPERBOARD	31.	9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge					<i>Calendar Sponsored by Weldon Hearing Center</i>	