



Monday	Tuesday	Wednesday	Thursday	Friday
	Pool Table available Anytime, No charge			1 9:30 – Exercise Class 12:30 – Pinochle 1:00 - Ping Pong
4 	5 9:00 – Healthy Lifestyle 1:00 – Cribbage	6 9:30 – Exercise Class Noon – Mexican Skillet 12:30 – Euchre 1:00 - Ping Pong	7 Noon - Bridge 12:30 - Ping Pong 1:00 – Bingo Sponsored by: Fort Armstrong / Prizes	8 9:30 – Exercise Class 12:30 – Pinochle 1:00 - Ping Pong
11 9:30 – Exercise Class 10:30 – Line Dancing 12:30 – Pinochle 6:30pm – Night People Food sponsors: Plus 60 & United Health Care	12 9:00 – Healthy Lifestyle 1:00 – Cribbage 1:00 - BUNCO	13 9am – Foot Clinic 9:30 – Exercise Class Noon – Chicken Stuffing Casserole 12:30 – Euchre 1:00 - Ping Pong	14 Noon - Bridge 12:30 - Ping Pong 1:00 – Bingo Sponsored by: Heritage Woods / Dessert & St. Anthony's / Prizes	15 9:30 – Exercise Class 12:30 – Pinochle 1:00 - Ping Pong
18 9:30 – Exercise Class 10:30 – Line Dancing 12:30 – Pinochle 6:30pm – Troy Rangel & Friends Food Sponsor: Overlook Village	19 9:00 – Healthy Lifestyles 1:00 – Cribbage	20 9:30 – Exercise Class Noon – NO MEAL 12:30 – Euchre 1:00 - Ping Pong	21 10 – Bereavement Group Sponsored by: Promedica Noon - Bridge 12:30 - Ping Pong 1:00 – Bingo Sponsored by: Overlook Village / Dessert	22 9:30 – Exercise Class 12:30 – Pinochle 1:00 - Ping Pong
25 9:30 – Exercise Class 10:30 – Line Dancing 12:30 – Pinochle 6:30pm – North of 40 Food Sponsor: Health Alliance	26 9:00 – Healthy Lifestyles 1:00 – Cribbage 1:00-2:00 – Grounding Class No Charge (see newsletter for details)	27 9:30 – Exercise Class Noon – Beef & Noodles 12:30 – Euchre 1:00 - Ping Pong	28 Noon - Bridge 12:30 - Ping Pong 1:00 – Bingo Sponsored by: Park Vista Dessert	29 9:30 – Exercise Class 12:30 – Pinochle 1:00 - Ping Pong

Monday	Tuesday	Wednesday	Thursday	Friday
1 9am - Rules of the Road 9:30 - Exercise 10:30 – Line Dancing 12:30 – Pinochle 6:30pm – River City 6 Food sponsor: Overlook Village	2 9:00 – Healthy Lifestyles 1:00 – Cribbage	3 9:30 – Exercise Class Noon – Lasagna Roll Ups 12:30 – Euchre 1:00 - Ping Pong	2 Noon - Bridge 12:30 - Ping Pong 1:00 – Bingo Sponsored by: Fort Armstrong / Prizes	3 9:30 – Exercise Class 12:30 – Pinochle 1:00 - Ping Pong
8 9:30 - Exercise 10:30 – Line Dancing 12:30 – Pinochle 6:30pm – Tail Fins Food sponsor: Fort Armstrong	9 9:00 – Healthy Lifestyles 1:00 – Cribbage 1:00 - BUNCO	10 9:30 – Exercise Class Noon – Meat Loaf 12:30 – Euchre 1:00 - Ping Pong	11 Noon - Bridge 12:30 - Ping Pong 1:00 – Bingo Sponsored by: Heritage Woods / Dessert & St. Anthony's / Prizes	12 9:30 – Exercise Class 12:30 – Pinochle 1:00 - Ping Pong
15 9:30 - Exercise 10:30 – Line Dancing 12:30 – Pinochle 6:30pm – Gray Wolf Food sponsor: Heritage Woods	16 9:00 – Healthy Lifestyles 1:00 – Cribbage	17 9:30 – Exercise Class Noon – Breakfast 4 Lunch 12:30 – Euchre 1:00 - Ping Pong	18 10:00 – Bereavement Group sponsored by: Promedica Noon - Bridge 12:30 - Ping Pong 1:00 – Bingo Sponsored by: Overlook Village/ Dessert	19 9:30 – Exercise Class 12:30 – Pinochle 1:00 - Ping Pong
22 9:30 - Exercise 10:30 – Line Dancing 12:30 – Pinochle	23 9:00 – Healthy Lifestyles 1:00 – Cribbage	24 9:30 – Exercise Class Noon – Brats 12:30 – Euchre 1:00 - Ping Pong	25 Noon - Bridge 12:30 - Ping Pong 1:00 – Bingo Sponsored by: Park Vista Dessert	26 9:30 – Exercise Class 12:30 – Pinochle 1:00 - Ping Pong
29 9:30 - Exercise 10:30 – Line Dancing 12:30 – Pinochle	30 9:00 – Healthy Lifestyles 1:00 – Cribbage	31 9:30 – Exercise Class Noon – Chicken Enchiladas 12:30 – Euchre 1:00 - Ping Pong		