

MON	TUE	WED	THU	FRI
Remote Programming: Via Teleconference From Your Phone Dial: 701-802-5184 Access code: 1943486#				1 Via Teleconference 11:00 Chair Aerobics with Heidi
4 9:00 Check-in, Visit, Walk 9:15 Health Minute 9:30 Senior Strength 10:30 Trivia	5 9:00 Check-in, Visit, Walk 9:15 Health Minute 9:30 Walking Club 10:15 Trivia 11:00 Inspirations	6 9:00 Check-in & visit 9:15 Word Puzzles, Color 9:30 Walking Club 10:30 Bingo w/ Bob	7 9:00 Check-in & visit 9:15 Word Puzzles, Color 9:30 Senior Stretch 10:30 Craft Creations	8 Via Teleconference 11:00 Chair Aerobics with Heidi
11 9:00 Check-in, Visit, Walk 9:15 Health Minute 9:30 Medicare Info. 10:00 Brain games & Color 10:45 Tai Chi	12 9:00 Check-in, Visit, Walk 9:15 Health Minute 9:30 Movie Day " La La Land"	13 9:00 Check-in & visit 9:15 Word Puzzles, Color 9:30 Walking Club 10:30 Craft Creations	14 9:00 Check-in, Visit, Walk 9:15 Word Puzzles, Color 9:30 Walking Club 10:30 Bingo w/ Bob	15 Via Teleconference 11:00 Chair Aerobics with Mary Louise
18 9:00 Check-in, Visit, Walk 9:15 Puzzle Pairs 9:30 Movie Day " La La Land"	19 9:00 Check-in, Visit, Walk 9:15 Puzzle Pairs 10:00 Chair Yoga 11:00 Inspirations	20 9:00 Check-in & visit 9:15 Word Puzzles 9:30 Walking Club 10:45 Nutrition w/Michelle Open Hand	21 9:00 Check-in, Visit, Walk 9:15 Nutrition Talk 9:30 Senior Stretch 10:30 Bingo w/ Bob	22 Via Teleconference 11:00 Chair Aerobics with Heidi
25 9:00 Check-in, Visit, Walk 9:15 Word Puzzles, Color 9:30 Senior Strength 10:30 Jeopardy	26 9:00 Check-in, Visit, Walk 9:15 Word Puzzles, Color 9:30 Medicare Info. 10:00 Chair Yoga 11:00 Inspirations	27 9:00 Check-in & visit 9:15 Health Minute 9:30 Walking Club 10:30 Bingo w/ Bob	28 9:00 Check-in, Visit, Walk 9:15 Health Minute 9:30 Walking Club 10:30 Jeopardy	29 Via Teleconference 11:00 Chair Aerobics with Heidi