

MON	TUE	WED	THU	FRI
<b>BIRTHDAYS</b>	<b>MILTON CARES</b> comes in once a week for blood pressure checks, questions and answers and conversation			
<b>3</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:30 BP Checks w/ MFD</b> <b>10:00 Chair Exercise</b> <b>11:00 Brain Games</b> <b>12:00 Lunch Served</b>	<b>4</b> 8-12:00 Coffee/Chat/Cards <b>9:15 Chair Yoga</b> <b>10:00 Improve your memory</b> Games and Trivia <b>11:00 Bingo</b> <b>12:00 Lunch Served</b>	<b>5</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>8-12 Open Art Studio</b> <b>9:15 Knitting Group</b> <b>10:30 Tai Chi</b> <b>12:00 Lunch Served</b>	<b>6</b> 8:00 Coffee, Tea & Chat <b>8:00-10:00 Table Games</b> <b>9:00 Inspirations</b> <b>10:30 Group trip to</b>	<b>7</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:00 Charades</b> <b>10:00 Exercise Class</b> <b>11:00 Bingo</b> <b>12:00 Lunch Served</b>
<b>10</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:30 BP Checks w/ MFD</b> <b>10:00 Chair Exercise</b> <b>11:00 Word Games</b> <b>12:00 Lunch Served</b>	<b>11</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:15 Chair Yoga</b> <b>10:00 Nutrition Class</b> <b>11:00 Bingo</b> <b>12:00 Lunch Served</b>	<b>12</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>8-12 Open Art Studio</b> <b>9:15 Knitting Group</b> <b>10:30 Tai Chi</b> <b>12:00 Lunch Served</b>	<b>13</b> 8:00 Coffee, Tea & Chat <b>9:00 Inspirations</b> <b>10:00 Site Council</b> <b>10:30 Group trip to</b>	<b>14</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:00 Improve your Memory</b> <b>10:00 Exercise Class</b> <b>11:00 Bingo</b> <b>12:00 Lunch Served</b>
<b>17</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:30 BP Checks w/ MFD</b> <b>10:00 Chair Exercise</b> <b>11:00 Trivia</b> <b>12:00 Lunch Served</b>	<b>18</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:15 Chair Yoga</b> <b>10:00 Craft Time with</b> Longleaf Hospice <b>11:00 Bingo</b>	<b>19</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>8-12 Open Art Studio</b> <b>9:15 Knitting Group</b> <b>10:30 Tai Chi</b> <b>12:00 Lunch Served</b>	<b>20</b> 8:00 Coffee, Tea & Chat <b>8:00-10:00 Table Games</b> <b>9:00 Inspirations</b> <b>10:30 Group trip to</b>	<b>21</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:00 Improve your Memory</b> <b>10:00 Exercise Class</b> <b>11:00 Bingo</b> <b>12:00 Lunch Served</b>
<b>24</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:30 BP Checks w/ MFD</b> <b>10:00 Chair Exercise</b> <b>11:00 Armchair Travel</b> <b>12:00 Lunch Served</b>	<b>25</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:15 Chair Yoga</b> <b>10:00 Trivia</b> <b>11:00 Bingo</b> <b>12:00 Lunch Served</b>	<b>26</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>8-12 Open Art Studio</b> <b>9:15 Knitting Group</b> <b>10:30 Tai Chi</b> <b>12:00 Lunch Served</b>	<b>27</b> 8:00 Coffee, Tea & Chat <b>8:00-10:00 Table Games</b> <b>9:00 Inspirations</b> <b>10:30 Group trip to</b>	<b>28</b> 8-12:00 Coffee/Chat/Cards Rummikub/Bananagram... <b>9:00 Improve your Memory</b> <b>10:00 Exercise Class</b> <b>11:00 Bingo</b> <b>12:00 Lunch Served</b>