

# Weekly Activities Schedule

Mon	Tues	Wed	Thurs	Fri
	<b>9:15</b> Chair Yoga	<b>9:15</b> Stretch & Strength	<b>9:15</b> Chair Yoga	<b>9:15</b> Stretch & Strength
<b>10:00</b> Bodies, Bands & Bells			<b>10:30</b> Bean Bags	
<b>11:30</b> Lunch	<b>11:30</b> Lunch	<b>11:30</b> Lunch	<b>11:30</b> Lunch	<b>11:30</b> Lunch
<b>12:30</b> Tai Chi		<b>12:30</b> Tia Chi	<b>12:30</b> Bingo	<b>12:30</b> Tai Chi