



Community Connection Place

Senior Activities 2024-2025

Mondays:

- **Ta'i Chi Chih: 10:00am - 11:00am**
-Incorporates movement of the body to improve your health and energy.
- **Chair Exercise: 12:00pm – 1:00pm**
-Join us with our chair exercise club! Our wonderful instructor will teach you chair exercises to help you stay active, build strength, and improve flexibility.
- **Book Club: 1:00pm – 2:00pm**
(Note: Second & Last Monday of the month)
-Come and join in reading outstanding books and having intriguing discussions. You don't want to miss out!

Tuesdays:

- **Mahjong: 10:00am – 2:30pm**
-This style of Chinese game is played with tiles but has similarities to the card game rummy and is played with four people and 144 tiles.

Wednesdays:

- **Chair Exercise: 10:00am – 11:00am**
-Join us with our chair exercise club! Our wonderful instructor will teach you chair exercises to help you stay active, build strength, and improve flexibility.
- **Social Coffee & Sweets: 12:30pm -1:30pm**
(Note: Second & Fourth Tuesday of each month)
-Come Join us for Social Coffee & Sweets. Board games and cards will be available.

Thursdays:

- **Art: 10:00am – 2:30pm**
-Groups meet and our artists bring their own supplies and enjoy the sunshine through our windows while they paint and socialize.
- **Dominoes: 10:00am – 2:30pm**
-Are enjoyed by a large group of our seniors as dominoes is a fun and easy-to-learn game that can be enjoyed by everyone.

Fridays:

- **Bingo: 10:00am – 11:30am**
-Bingo is played each Friday before lunch is served and prizes are rewarded to the winners of each round.
- **CCP Lunch: 12:00pm – 12:30pm**
-Lunch is provided by Catholic Community Services each Friday.