

# Senior Activities

## 2022-2023

### Mondays:

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- **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**  
**Instructor- (Mr. Andrew)**  
-Join us with our chair exercise club! Our wonderful instructor Andrew will teach you chair exercises to help you stay active, build strength, and improve flexibility.
- **Book Club: 1:00pm – 2:00pm**  
**Instructor- (Ms. Cathy)**  
**(Note: Second & Last Monday of the month)**  
-Come and join in reading outstanding books and having intriguing discussions with one of the head program directors. You don't want to miss out!

### Tuesdays:

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- **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:

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- **Chair Exercise: 10:00am – 11:00am**  
**Instructor- (Mr. Andrew)**  
-Join us with our chair exercise club! Our wonderful instructor Andrew will teach you chair exercises to help you stay active, build strength, and improve flexibility.
- **Ta'i Chi Chih: 11:30am -12:30pm**  
-Incorporates movement of the body to improve your health and energy.

### Thursdays:

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- **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:

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- **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.
- **Pinochle: 12:30pm – 3:00pm**-A fast-paced game but easy to learn the style of the game of tricks to score points by forming a combination of cards.