

SUN	MON	TUE	WED	THU	FRI	SAT
 The RC is closed on Sundays and Mondays  			1 10 - 12 pm Digital Literacy 1 - 2 pm Brain Training	2 10:30 - 11:30 am Healthy Lifestyles Group 11:30 - 3:30 pm Pottery 1 - 3 pm Nature Walking Group Sign up at: zaffigreen@hotmail.com	3 9:45 - 11:15 am Acupuncture 10 - 11 am Walking Group 10 - 12 pm Art group 1 - 4 pm Karaoke	4 10 - 12:30 pm Movie day 1 - 3 pm Soundbath Meditation
		7 10 am - 12 pm Art w/ Marcia & Robin 1:30 - 2:30 pm Bingo	8 10 - 12 pm Digital Literacy 11 - 1 pm Outing 1 - 2 pm Brain Training Staff meeting Closing at 2:30pm	9 10:30 - 11:30 am Healthy Lifestyles Group 11:30 - 3:30 pm Pottery 1 - 3 pm Nature Walking Group Sign up at: zaffigreen@hotmail.com	10 9:45 - 11:15 am Acupuncture 10 - 11 am Walking Group 10 - 12 pm Art group 1 - 4 pm Karaoke	11 10 - 12:30 pm Movie day 1 - 3 pm Soundbath Meditation
		14 10 am - 12 pm Art w/ Marcia & Robin 1:30 - 2:30 pm Bingo	15 10 - 12 pm Digital Literacy 1 - 2 pm Brain Training	16 10:30 - 11:30 am Healthy Lifestyles Group 11:30 - 3:30 pm Pottery	17 9:45 - 11:15 am Acupuncture 10 - 11 am Walking Group 10 - 12 pm Art group 1 - 4 pm Karaoke	18 10 - 12:30 pm Movie day 1 - 3 pm Soundbath Meditation Women's Night 4:30 - 6:30 pm
		21 10 am - 12 pm Art w/ Marcia & Robin 1:30 - 2:30 pm Bingo	22 10 - 12 pm Digital Literacy 11 - 1 pm Outing 1 - 2 pm Brain Training Members meeting 3 pm	23 10:30 - 11:30 am Healthy Lifestyles Group 11:30 - 3:30 pm Pottery	24 9:45 - 11:15 am Acupuncture 10 - 11 am Walking Group 10 - 12 pm Art group 1 - 4 pm Karaoke	25 10 - 12:30 pm Movie day 1 - 3 pm Soundbath Meditation Art Workshop 11:30am - 3:30pm
		28 10 am - 12 pm Art w/ Marcia & Robin 1:30 - 2:30 pm Bingo	29 10 - 12 pm Digital Literacy 1 - 2 pm Brain Training	30 10:30 - 11:30 am Healthy Lifestyles Group 11:30 - 3:30 pm Pottery	31 9:45 - 11:15 am Acupuncture 10 - 11 am Walking Group 10 - 12 pm Art group 1 - 4 pm Karaoke 	