

YOUR Bridge



TO WELLNESS

August 2017

Key

(1L) 1st Floor Lobby (LR) Living Room
 (2L) 2nd Floor Lobby (MR) Media Room
 (GS) Garden Suites (SU) Sign-Up
 (DRP) 1st Floor Dining Room Porch

Mon	Tue	Wed	Thu	Fri
	<p>1 1:00 pm <u>One-on-One</u> <u>Fitness Center</u> (SU-CH) 2:30 pm Bowlarama (2L)</p> 	<p>2 9:00 am Sunshine Walking Club (DRP) 10:30 am <u>One-on-One</u> <u>Fitness Center</u> (SU-CH) 12:45 pm Accordion Serenade (GS) 2:00 pm Chair Dancing (2L) 3:00 pm Wii Bowling (2L & MR)</p>	<p>3 10:30 am Bean Bag Toss (2L) 2:00 pm "Balance Matters" Class (AR)</p>	<p>4 10:30 am Sunshine Walking Club (DRP) 12:30 pm Chair Dancing and Singing (GS) 1:30 pm <u>One-on-One</u> <u>Fitness Center</u> (SU-CH) 4:00 pm Wii Bowling (2L)</p>
<p>7 9:00 am Sunshine Walking Club (1L) 10:30 am Fun & Fitness (2L) 12:45 pm Accordion Serenade (LR) 2:00 pm Chair Yoga (2L)</p>	<p>8 1:00 pm <u>One-on-One</u> <u>Fitness Center</u> (SU-CH) 2:30 pm Bowlarama (2L)</p> 	<p>9 9:00 am Sunshine Walking Club (DRP) 10:30 am <u>One-on-One</u> <u>Fitness Center</u> (SU-CH) 12:45 pm Accordion Serenade (GS) 2:00 pm Chair Dancing (2L) 3:00 pm Wii Bowling (2L & MR)</p>	<p>10 10:30 am Bean Bag Toss (2L) 2:00 pm "Balance Matters" Class (AR)</p>	<p>11 10:30 am Sunshine Walking Club (DRP) 12:30 pm Chair Dancing and Singing (GS) 1:30 pm <u>One-on-One</u> <u>Fitness Center</u> (SU-CH) 4:00 pm Wii Bowling (2L)</p>
<p>14 9:00 am Sunshine Walking Club (1L) 10:30 am Fun & Fitness (2L) 12:45 pm Accordion Serenade (LR) 2:00 pm Chair Yoga (2L)</p>	<p>15 1:00 pm <u>One-on-One</u> <u>Fitness Center</u> (SU-CH) 2:30 pm Bowlarama (2L)</p> 	<p>16 9:00 am Sunshine Walking Club (1L) 10:30 am Fun with Gary (GS) 12:45 pm Accordion Serenade (GS) 2:00 pm Chair Dancing (2L) 3:00 pm Wii Bowling (2L & MR)</p>	<p>17 10:30 am Bean Bag Toss (2L) 1:00 pm Increase Upper Body Strength Therabands & Weights (2L)</p>	<p>18 10:30 am Sunshine Walking Club (DRP) 12:30 pm Chair Dancing and Singing (GS) 1:30 pm <u>One-on-One</u> <u>Fitness Center</u> (SU-CH) 4:00 pm Wii Bowling (2L)</p>
<p>21 9:00 am Sunshine Walking Club (1L) 10:30 am Fun & Fitness (2L) 12:45 pm Accordion Serenade (LR) 2:00 pm Chair Yoga (2L)</p>	<p>22 1:00 pm <u>One-on-One</u> <u>Fitness Center</u> (SU-CH) 2:30 pm Bowlarama (2L)</p> 	<p>23 9:00 am Sunshine Walking Club (DRP) 10:30 am <u>One-on-One</u> <u>Fitness Center</u> (SU-CH) 12:45 pm Accordion Serenade (GS) 2:00 pm Chair Dancing (2L) 3:00 pm Wii Bowling (2L & MR)</p>	<p>24 10:30 am Bean Bag Toss (2L) 2:00 pm "Balance Matters" Class (AR)</p>	<p>25 10:30 am Sunshine Walking Club (DRP) 12:30 pm Chair Dancing and Singing (GS) 1:30 pm <u>One-on-One</u> <u>Fitness Center</u> (SU-CH) 4:00 pm Wii Bowling (2L)</p>
<p>28 9:00 am Sunshine Walking Club (1L) 10:30 am Fun & Fitness (2L) 12:45 pm Accordion Serenade (LR) 2:00 pm Chair Yoga (2L)</p>	<p>29 1:00 pm <u>One-on-One</u> <u>Fitness Center</u> (SU-CH) 2:30 pm Bowlarama (2L)</p> 	<p>30 9:00 am Sunshine Walking Club (1L) 10:30 am Fun with Gary (GS) 12:45 pm Accordion Serenade (GS) 2:00 pm Chair Dancing (2L) 3:00 pm Wii Bowling (2L & MR)</p>	<p>31 10:30 am Bean Bag Toss (2L) 2:00 pm "Balance Matters" Class (AR)</p>	