

YOUR Bridge

TO WELLNESS

May 2018

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 Chair Yoga (2L)</p> <p>2:30 pm Bowlarama (2L)</p>	<p>2 9:00 am Sunshine Walking Club (1L)</p> <p>11:00 am One-on-One Fitness Center (SU-CH)</p> <p>12:45 pm Accordion Serenade (LR)</p> <p>2:00 pm Chair Dancing (2L)</p> <p>3:00 pm Wii Bowling (2L & MR)</p>	<p>3 10:30 am Bean Bag Toss (2L)</p> <p>1:30 pm "Balance Matters" Class (2L)</p> <p>3:30 pm Accordion Serenade (2L)</p>	<p>4 12:30 pm Chair Dancing and Singing (GS)</p> <p>1:30 pm One-on-One Fitness Center (SU-CH)</p> <p>4:00 pm Wii Bowling (2L)</p>
<p>7 9:00 am Sunshine Walking Club (1L)</p> <p>10:30 am One-on-One Fitness Center (SU-CH)</p> <p>12:45 pm Accordion Serenade (GS)</p> <p>2:00 pm The Bridges Chorus (2DR)</p>	<p>8 1:00 pm Chair Yoga (2L)</p> <p>2:30 pm Bowlarama (2L)</p>	<p>9 9:00 am Sunshine Walking Club (1L)</p> <p>11:00 am One-on-One Fitness Center (SU-CH)</p> <p>12:45 pm Accordion Serenade (LR)</p> <p>2:00 pm Chair Dancing (2L)</p> <p>3:00 pm Wii Bowling (2L & MR)</p>	<p>10 10:30 am Bean Bag Toss (2L)</p> <p>1:30 pm "Balance Matters" Class (2L)</p> <p>3:30 pm Accordion Serenade (2L)</p>	<p>11 12:30 pm Chair Dancing and Singing (GS)</p> <p>1:30 pm One-on-One Fitness Center (SU-CH)</p> <p>2:30 pm Men's Wii Bowling (2L)</p>
<p>14 9:00 am Sunshine Walking Club (1L)</p> <p>10:30 am One-on-One Fitness Center (SU-CH)</p> <p>12:45 pm Accordion Serenade (GS)</p> <p>2:30 pm The Bridges Chorus (2DR)</p>	<p>15 1:00 pm Chair Yoga (2L)</p> <p>2:30 pm Bowlarama (2L)</p>	<p>16 9:00 am Sunshine Walking Club (1L)</p> <p>11:00 am One-on-One Fitness Center (SU-CH)</p> <p>12:45 pm Accordion Serenade (LR)</p> <p>2:00 pm Chair Dancing (2L)</p> <p>3:00 pm Wii Bowling (2L & MR)</p>	<p>17 10:30 am Bean Bag Toss (2L)</p> <p>1:00 pm Increase Upper Body Strength Thera bands & Weights (2L)</p>	<p>18 12:30 pm Chair Dancing and Singing (GS)</p> <p>1:30 pm One-on-One Fitness Center (SU-CH)</p> <p>4:00 pm Wii Bowling (2L)</p>
<p>21 9:00 am Sunshine Walking Club (1L)</p> <p>10:30 am One-on-One Fitness Center (SU-CH)</p> <p>12:45 pm Accordion Serenade (GS)</p> <p>2:30 pm The Bridges Chorus (2DR)</p>	<p>22 1:00 pm Chair Yoga (2L)</p>	<p>23 9:00 am Sunshine Walking Club (1L)</p> <p>10:30 am Fun with Gary (GS)</p> <p>12:45 pm Accordion Serenade (LR)</p> <p>2:00 pm Chair Dancing (2L)</p> <p>3:00 pm Wii Bowling (2L & MR)</p>	<p>24 10:30 am Bean Bag Toss (2L)</p> <p>1:30 pm "Balance Matters" Class (2L)</p> <p>3:00 pm Accordion Serenade (2L)</p> <p>3:45 pm Chorus Solo Practice (2L)</p>	<p>25 12:30 pm Chair Dancing and Singing (GS)</p> <p>1:30 pm One-on-One Fitness Center (SU-CH)</p> <p>4:00 pm Wii Bowling (2L)</p>
<p>28 9:00 am Sunshine Walking Club (1L)</p> <p>10:30 am Patriotic Accordion Serenade (2L)</p> <p>12:45 pm Accordion Serenade (GS)</p> <p>2:30 pm The Bridges Chorus (2DR)</p>	<p>29 1:00 pm Chair Yoga (2L)</p> <p>2:30 pm Bowlarama (2L)</p>	<p>30 9:00 am Sunshine Walking Club (1L)</p> <p>11:00 am One-on-One Fitness Center (SU-CH)</p> <p>12:45 pm Accordion Serenade (LR)</p> <p>2:00 pm Chair Dancing (2L)</p> <p>3:00 pm Wii Bowling (2L & MR)</p>	<p>31 10:30 am Bean Bag Toss (2L)</p> <p>1:30 pm "Balance Matters" Class (2L)</p> <p>3:00 pm Accordion Serenade (2L)</p> <p>3:45 pm Chorus Solo Practice (2L)</p>	