

**Warrenbrook Senior Wellness Center
Daily Activities – October 2009**

Thursday, October 1, 2009

9:30: Computer Class

Location: Computer Lab, 2nd Floor

9:30: Bridge

Location: Hall 2nd Floor

10:00: Bingo

Location: Dining Room

11:00: Sing-a-Long

Friday, October 2, 2009

10:00: Healthy Bones

Location: Hall 2nd floor

11:00: Summer Stroll

Location: Outside

12:00: Pinochle

Location: Hall, 2nd Floor

12:30: Card Club

Location: Hall , 2nd Floor

Warrenbrook Senior Wellness Center

Daily Activities – October 2009

Monday, October 5, 2009

10:00: Aerobic Ease

Location: Dining Room

10:00: Sculpture

Location: Art Room , 2nd Floor

10:00: Computers with Sal

Location: Computer Lab, 2nd Floor

1:00: Chess

Location: Dining Room

1:00: Line Dancing Class

Location: Main Dining Room

Tuesday, October 6, 2009

9:30: Tai-Chi Class

Location: 2nd Floor Hall

10:00: Bingo

Location: Dining Room

11:00: Wordplay & Sudoku

Location: Dining Room

1:00: Social Dancing

Location: Dining Room

1:00: Bridge

Location: Main Dining Room

Wednesday, October 7, 2009

9:00: Oil Painting

Location: Art Room , 2nd Floor

10:00: Healthy Bones

Location: Hall 2nd floor

10:00: Bridge

Location: Art Room , 2nd Floor

10:00: Needlework

Location: Dining Room

10:30: Wii Games Sports

Location: Dining Room

12:30: Pool Sharks

Location: Pool Room, 2nd floor

1:00: Social Dancing

Location: Dining Room

10:30: Blood Pressure Screening

Thursday, October 8, 2009

9:30: Computer Class

Location: Computer Lab, 2nd Floor

9:30: Bridge

Location: Hall 2nd Floor

10:00: Bingo

Location: Dining Room

11:00: Sing-a-Long

Friday, October 9, 2009

10:00: Healthy Bones

Location: Hall 2nd floor

10:30: The WB GAME SHOW

Location: Dining Room

11:00: Summer Stroll

Location: Outside

12:00: Pinochle

Location: Hall, 2nd Floor

Warrenbrook Senior Wellness Center

Daily Activities – October 2009

Monday, October 12, 2009

10:00: Aerobic Ease

Location: Dining Room

10:00: Sculpture

Location: Art Room , 2nd Floor

10:00: Computers with Sal

Location: Computer Lab, 2nd Floor

1:00: Chess

Location: Dining Room

1:00: Line Dancing Class

Location: Main Dining Room

Tuesday, October 13, 2009

9:30: Tai-Chi Class

Location: 2nd Floor Hall

10:00: Bingo

Location: Dining Room

10:30: Ballroom Dancing Class

Location: 2nd Floor Hall

11:00: Wordplay & Sudoku

Location: Dining Room

1:00: Social Dancing

Location: Dining Room

1:00: Bridge

Location: Main Dining Room

Wednesday, October 14, 2009

9:00: Oil Painting

Location: Art Room , 2nd Floor

10:00: Healthy Bones

Location: Hall 2nd floor

10:00: Needlework

Location: Dining Room

10:30: Wii Games Sports

Location: Dining Room

12:30: Pool Sharks

Location: Pool Room, 2nd floor

1:00: Social Dancing

Location: Dining Room

Thursday, October 15, 2009

9:30: Computer Class

Location: Computer Lab, 2nd Floor

9:30: Bridge

Location: Hall 2nd Floor

10:00: Bingo

Location: Dining Room

11:00: Sing-a-Long

Friday, October 16, 2009

10:00: Healthy Bones

Location: Hall 2nd floor

10:30: The WB GAME SHOW

Location: Dining Room

11:00: Summer Stroll

Location: Outside

12:00: Pinochle

Location: Hall, 2nd Floor

12:30: Card Club

Location: Hall , 2nd Floor

Warrenbrook Senior Wellness Center

Daily Activities – October 2009

Monday, October 19, 2009

10:00: Aerobic Ease

Location: Dining Room

10:00: Sculpture

Location: Art Room , 2nd Floor

10:00: Computers with Sal

Location: Computer Lab, 2nd Floor

1:00: Chess

Location: Dining Room

1:00: Line Dancing Class

Location: Main Dining Room

Tuesday, October 20, 2009

9:30: Tai-Chi Class

Location: 2nd Floor Hall

10:00: Bingo

Location: Dining Room

10:30: Ballroom Dancing Class

Location: 2nd Floor Hall

11:00: Wordplay & Sudoku

Location: Dining Room

11:00: The Franklin Hi - Steppers

1:00: Social Dancing

Location: Dining Room

1:00: Bridge

Location: Main Dining Room

Wednesday, October 21, 2009

9:00: Oil Painting

Location: Art Room , 2nd Floor

10:00: Healthy Bones

Location: Hall 2nd floor

10:00: Bridge

Location: Art Room , 2nd Floor

10:00: Needlework

Location: Dining Room

10:30: Wii Games Sports

Location: Dining Room

12:30: Pool Sharks

Location: Pool Room, 2nd floor

1:00: Social Dancing

Location: Dining Room

Thursday, October 22, 2009

9:30: Computer Class

Location: Computer Lab, 2nd Floor

9:30: Bridge

Location: Hall 2nd Floor

10:00: Bingo

Location: Dining Room

11:00: Sing-a-Long

Friday, October 23, 2009

10:00: Healthy Bones

Location: Hall 2nd floor

10:30: The WB GAME SHOW

Location: Dining Room

11:00: Summer Stroll

Location: Outside

12:00: Pinochle

Location: Hall, 2nd Floor

Warrenbrook Senior Wellness Center

Daily Activities – October 2009

Monday, October 26, 2009

10:00: Aerobic Ease

Location: Dining Room

10:00: Sculpture

Location: Art Room , 2nd Floor

10:00: Computers with Sal

Location: Computer Lab, 2nd Floor

1:00: Chess

Location: Dining Room

1:00: Line Dancing Class

Location: Main Dining Room

Tuesday, October 27, 2009

9:30: Tai-Chi Class

Location: 2nd Floor Hall

10:00: Bingo

Location: Dining Room

10:30: Ballroom Dancing Class

Location: 2nd Floor Hall

11:00: Wordplay & Sudoku

Location: Dining Room

1:00: Social Dancing

Location: Dining Room

1:00: Bridge

Location: Main Dining Room

Wednesday, October 28, 2009

9:00: Oil Painting

Location: Art Room , 2nd Floor

10:00: Healthy Bones

Location: Hall 2nd floor

10:00: Needlework

Location: Dining Room

10:30: Wii Games Sports

Location: Dining Room

12:30: Pool Sharks

Location: Pool Room, 2nd floor

1:00: Social Dancing

Location: Dining Room

Thursday, October 29, 2009

9:30: Computer Class

Location: Computer Lab, 2nd Floor

9:30: Bridge

Location: Hall 2nd Floor

10:00: Bingo

Location: Dining Room

11:00: Sing-a-Long

Friday, October 30, 2009

10:00: Healthy Bones

Location: Hall 2nd floor

12:00: Pinochle

Location: Hall, 2nd Floor

10:45: Halloween Luncheon

Location: Masquerade Dance