

# 2021-2022 DAILY ACTIVITIES

## MONDAY

**A.M.**  
 7:30 Exercise for Fun (FER)  
 7:30 Tennis Early Bird Rnd Robin (TC)  
 8:30 Senior Yoga (FER)  
 9:00 Water Aerobics (Pool)  
 9:00 Paint for Fun (CRA)  
 9:00 Beg. Quilters (KOK)  
 9:00 Ham Radio (CR)  
 9:00 Ceramics  
 9:15 Shuffleboard Group Play (SC)  
 9:30 Round Dance Lessons Ph 6 (BR)  
 9:45 Chair Exercise (FER)  
 11:00 Pilates (FER)  
 11:00 Water Aerobic (Pool)  
**P.M.**  
 12:15 Bowling AMF Lanes  
 12:30 Golf-Sunland East  
 (Sign up outside bulletin board)  
 12:30 Hand, Foot and Toe (CR)  
 12:30 Round Dance Clinic Ph 4-6 (BR)  
 1:00 Open Quilting (KOK)  
 1:00 Bocce Ball (CIT)  
 1:00 Bridge (CR)  
 1:00 Woodcarving (WS)  
 1:30 Tennis Ladies Rnd Robin (TC)  
 5:00 Monday Madness (Patio/BR)  
 5:00 AZ Blankets 4 Kids (KOK)  
 6:00 Pinochle (CR)  
 7:00 Game Night (CR)

## TUESDAY

**A.M.**  
 7:30 Yoga (FER)  
 7:30 Hiking (meet at Flagpole)  
 7:30 Tennis Early Bird Rnd Robin (TC)  
 8:00 Blood Pressure Clinic 2<sup>nd</sup> & 4<sup>th</sup>  
 (CAC)  
 8:30 Line Dance Lessons (BR)  
 8:40 Yoga (FER) (Jan, Feb, March)  
 9:00 Ceramics  
 9:00 Bicycle Group (AZ)  
 9:00 Water Aerobics (Pool)  
 9:00 Paint for Fun (CRA)  
 9:00 AZ Blankets 4 Kids (KOK)  
 9:00 Softball Jan. & Feb.  
 (Time varies)  
 9:15 Shuffleboard Group Play (SC)  
 9:30 Architectural Comm. (Conf)  
 10:00 Zumba (FER)  
 11:00 Water Aerobics (Pool)  
**P.M.**  
 12:30 Hand, Foot and Toe (CR)  
 12:45 MahJong (CR)  
 2:00 Ladies Bible Study (PR)  
 2:00 Golf-Sunland Village  
 (Sign up outside bulletin board)  
 4:45 Potluck (PR)  
 5:00 Open Quilting (KOK)  
 6:00 Omaha Poker (CR)  
 6:30 Bingo-Doors open (BR)  
 6:30 Meeting of the AH Minds (AZ)  
 7:00 Intermediate Ukulele (PR)

## WEDNESDAY

**A.M.**  
 7:30 Exercise for Fun (FER)  
 7:30 Tennis Early Bird Rnd Robin (TC)  
 8:30 Senior Yoga (FER)  
 8:30 News Hour (BR)  
 8:00 Stained Glass (CRA)  
 9:00 Water Aerobics (Pool)  
 9:00 Ceramics  
 9:15 Shuffleboard-Group Play (SC)  
 9:30 Bible Study (CR)  
 10:30 Pilates (FER)  
 11:00 Water Aerobics (Pool)  
 11:30 GALS Luncheon 2<sup>nd</sup> Wed (BR)  
 11:30 Snowbird Café (Patio)  
**P.M.**  
 12:30 Hand, Foot and Toe (CR)  
 1:00 Bocce Ball (CIT)  
 1:00 MahJong (CAC)  
 1:00 Open Quilting (KOK)  
 4:30 Single Ladies Social Hour (AZ)  
 6:30 Village Voices (PR & CAC)  
 7:00 Table Tennis (PR)

## THURSDAY

**A.M.**  
 7:30 Yoga (FER)  
 7:30 Tennis Early Bird Rnd Robin (TC)  
 9:00 Open Quilting (KOK)  
 9:00 Stained Glass (CRA)  
 9:00 Ceramics  
 8:40 Yoga (FER) (Jan, Feb, March)  
 9:00 Water Aerobics (Pool)  
 9:00 Bicycle Group (AZ)  
 9:15 Shuffleboard-Group play (SC)  
 10:00 Veteran's Club 2<sup>nd</sup> only (PR)  
 10:00 Round Dance Ph 5 Workshop (BR)  
 10:00 Chair Exercise (FER)  
 11:00 Water Aerobics (Pool)  
**P.M.**  
 12:30 Hand, Foot and Toe (CR)  
 1:00 BOD Meeting 3<sup>rd</sup> only (BR)  
 1:00 Woodcarvers (WS)  
 1:30 Tennis-Men's Rnd Robin (TC)  
 4:00 Thirsty Thursday (Patio) (Jan, Feb, March)  
 6:15 Texas Hold 'Em (CR)  
 7:00 Pinochle (CR)  
 7:00 Round Dance Ph 4/5/6 (BR)  
 7:00 Card Making (CRA)  
 7:00 Beginning Ukulele (PR)

## FRIDAY

**A.M.**  
 7:30 Exercise for Fun (FER)  
 7:30 Tennis Early Bird Rnd Robin (TC)  
 8:30 Senior Yoga (FER)  
 9:00 Adv. Quilting Class (KOK)  
 9:00 Ceramics  
 9:00 Water Aerobics (Pool)  
 9:00 Craft Sharing (CRA)  
 9:00 Party Round Dance (BR)  
 9:15 Shuffleboard Group Play (SC)  
 10:30 Pilates (FER)  
 11:00 Water Aerobics (Pool)  
 11:30 Snowbird Café (Patio)

## FRIDAY cont'd

**P.M.**  
 1:00 Open Sewing (KOK)  
 1:00 Bocce Ball (CIT)  
 1:30 Cancer Support Group 1<sup>st</sup> (PR)  
 6:30 Pony Tail Canasta (CR)

## SATURDAY

**A.M.**  
 7:30 Pancake Breakfast  
 1<sup>st</sup> & 3<sup>rd</sup> (BR)  
 9:15 Shuffleboard group play (SC)  
 10:00 Cued Ballroom Dance Club (BR)  
**P.M.**  
 12:30 Hand, Foot and Toe (CR)  
 6:00 Mexican Train Dominoes (CR)  
 6:30 Hand & Foot, Rook (CR)

## SUNDAY

**A.M.**  
 7:30 Coffee (PR)  
 7:30 Tennis Early Bird Round  
 Robin (TC)  
 9:30 Tennis Mixed Round Robin (TC)  
 9:30 Coffee (BR)  
 10:00 Church (BR)  
**P.M.**  
 12:30 Hand, Foot and Toe (CR)  
 1:00 Bocce Ball (CIT)  
 5:00 Solos 2<sup>nd</sup> & 4<sup>th</sup> (AZ)  
 7:00 Pinochle (CR)

*Computer Room, Billiards, Ceramics, Lapidary, Silversmith, & Woodshop, hours are posted on the respective rooms for open times.*

## Musical Thursday SCHEDULE

Jan. 6 <sup>th</sup>	The Breeze
Jan. 13 <sup>th</sup>	The Naugahyde's
Jan. 20 <sup>th</sup>	Midnight Moon
Jan. 27 <sup>th</sup>	Steve Briggs
Feb. 3 <sup>rd</sup>	Dan the Musicman
Feb. 10 <sup>th</sup>	Music Reflections
Feb. 17 <sup>th</sup>	The Breeze
Feb. 24 <sup>th</sup>	Tim Eggebraaten
Mar. 3 <sup>rd</sup>	Easy Sounds
Mar. 17 <sup>th</sup>	Midnight Moon
Mar. 24 <sup>th</sup>	The Naugahyde's

BYO everything!! Music Only provided!  
 Come have a good time!!

