

2023-2024 DAILY ACTIVITIES

MONDAY

A.M.	
7:20	Exercise for Fun (FER)
7:30	Tennis Early Bird Rnd Robin (TC)
8:30	Water Aerobics (Pool)
8:35	Senior Yoga (FER)
9:00	Beg. Quilters (KOK)
9:00	Ham Radio (CR)
9:00	Ceramics
9:15	Shuffleboard Group Play (SC)
9:30	Paint for Fun (CRA)
9:30	Round Dance Lessons Ph 6 (BR)
9:50	Chair Exercise (FER)
10:00	Square Dance A2 Funshop (PR)
11:00	Water Aerobic (Pool)
11:10	Pilates (FER)
P.M.	
12:00	Open Quilting (KOK)
12:30	Golf-Sunland East (Sign up outside bulletin board)
12:30	Hand, Foot and Toe (CR)
1:00	Round Dance Clinic Ph 4-6 (BR)
1:00	Water Volleyball (Pool)
1:00	Bocce Ball (CIT)
1:00	Bridge (CR)
1:00	Woodcarving/Wood Burning (WS)
1:30	Tennis Ladies Rnd Robin (TC)
5:00	Monday Madness (BR)
6:00	AZ Blankets 4 Kids (KOK)
6:30	Ukulele (PR)
6:30	Game Night (CR)
7:00	Pinochle (CR)

TUESDAY

A.M.	
7:20	Exercise For Fun (FER)
7:30	Hiking (PR)
7:30	Tennis Early Bird Rnd Robin (TC)
8:00	Blood Pressure Clinic 2 nd & 4 th (CAC)
8:30	Water Aerobics (Pool)
8:30	Yoga (FER)
9:00	Ceramics
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)
9:30	Paint for Fun (CRA)
10:00	Zumba (FER)
10:00	Bicycle Group (AZ)
11:00	Water Aerobics (Pool)
P.M.	
12:30	Hand, Foot and Toe (CR)
1:00	Leather Crafting (WS)
1:00	Dance (BR)
1:00	MahJong (CR)
2:00	Golf-Sunland Village (Sign up outside bulletin board)
4:00	Open Quilting (KOK)
4:30	Potluck (PR)
6:30	Omaha Poker (CR)
6:30	Bingo-Doors open (BR)
7:30	Square Dance Plus (FER)

WEDNESDAY

A.M.	
7:20	Exercise for Fun (FER)
7:30	Tennis Early Bird Rnd Robin (TC)
8:00	News Hour (BR)
8:30	Water Aerobics (Pool)
8:35	Senior Yoga (FER)
9:00	Ceramics
9:00	Stained Glass (CRA)
9:15	Shuffleboard-Group Play (SC)
10:00	Crochet Group (CAC)
11:00	Water Aerobics (Pool)
11:10	Pilates (FER)
11:30	GALS Luncheon 2 nd Wed (BR)
11:30	Snowbird Café (Patio)
P.M.	
12:00	Open Quilting (KOK)
12:30	Hand, Foot and Toe (CR)
1:00	Water Volleyball (Pool)
1:00	Bocce Ball (CIT)
1:00	Wood Burning (WS)
3:00	Bunco (CR) 1st & 3rd only
4:00	Karaoke (Patio)
4:30	Single Ladies Social Hour (AZ)
6:00	Village Voices (PR)
6:30	Ukulele (PR)
7:00	Round Dance (BR)

THURSDAY

A.M.	
7:20	Exercise For Fun (FER)
7:30	Tennis Early Bird Rnd Robin (TC)
8:30	Water Aerobics (Pool)
9:00	Open Quilting (KOK)
9:00	Stained Glass (CRA)
9:00	Ceramics
9:15	Shuffleboard-Group play (SC)
9:50	Chair Exercise (FER)
10:00	Round Dance Ph 5 Workshop (BR)
10:00	Veteran's Club 2 nd only (PR)
11:00	Water Aerobics (Pool)
11:00	Bicycle Group (AZ)
P.M.	
12:30	Hand, Foot and Toe (CR)
1:00	BOD Meeting 3 rd only (BR)
1:00	Woodcarvers (WS)
1:30	Tennis-Men's Rnd Robin (TC)
4:00	Throwback Thursday (Patio) (Jan, Feb, March)
6:30	Texas Hold 'Em (CR)
7:00	Pinochle (CR)
7:00	Round Dance Ph 4/5/6 (BR)
7:00	Card Making (PR)
7:30	Square Dancing (FER)

FRIDAY

A.M.	
7:20	Exercise for Fun (FER)
7:30	Tennis Early Bird Rnd Robin (TC)
8:30	Water Aerobics (Pool)
8:35	Senior Yoga (FER)
9:00	Adv. Quilting Class (KOK)
9:00	Ceramics
9:00	Card Making (PR)
9:00	Stained Glass (CRA)
9:15	Shuffleboard Group Play (SC)
11:00	Water Aerobics (Pool)
11:10	Pilates (FER)
11:30	Snowbird Café (Patio)

FRIDAY cont'd

P.M.	
12:30	Hand, Foot and Toe (CR)
1:00	Water Volleyball (Pool)
1:00	Open Sewing (KOK)
1:00	Bocce Ball (CIT)
6:30	Pony Tail Canasta (CR)

SATURDAY

A.M.	
7:30	Pancake Breakfast 2 nd & 4 th (BR)
9:00	Stained Glass (CRA)
9:15	Shuffleboard group play (SC)
9:50	Chair Exercise (FER)
10:00	Choreographed Round Dance (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 nd & 4 th (AZ)
6:30	Ukelele (PR)
7:00	Pinochle (CR)

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

Throwback Thursday SCHEDULE

Jan. 4 th	Music Reflections
Jan. 11 th	The Breeze
Jan. 18 th	Midnight Moon
Jan. 25 th	Rockin' Rollers
Feb. 1 st	Steve Briggs
Feb. 8 th	Gig Noonan
Feb. 15 th	Music Reflections
Feb. 22 nd	Midnight Moon
Feb. 29 th	The Breeze
Mar. 7 th	Bobby Joe Bell
Mar. 14 th	Rockin' Rollers
Mar. 21 st	The Breeze

