

2026-2027 DAILY ACTIVITIES

MONDAY

A.M.
 7:20 Exercise for Fun (FER)
 7:30 Tennis Early Bird Rnd Robin (TC)
 8:25 Yoga for Seniors (FER)
 8:30 Water Aerobics (Pool)
 9:00 Beg. Quilters (KOK)
 9:00 Ham Radio (CR)
 9:15 Shuffleboard Group Play (SC)
 9:30 Paint for Fun (SAT)
 9:45 Pilates (FER)
 10:00 Round Dance Lessons Ph 6 (BR)
 11:00 Chair Exercise (FER)
 11:00 Water Aerobic (Pool)

P.M.
 12:30 Golf-Sunland East
 (Sign up outside bulletin board)
 12:30 Hand, Foot and Toe (CR)
 12:30 Fab, Fit and Fun (FER)
 1:00 Open Quilting (KOK)
 1:00 Round Dance Clinic Ph 4-6 (BR)
 1:00 Bocce Ball (CIT)
 1:00 Woodcarving/Wood Burning (WS)
 1:30 Tennis Ladies Rnd Robin (TC)
 1:35 H.I.T Class (FER)
 6:00 Monday Madness (BR)
 6:00 AZ Blankets 4 Kids (KOK)
 6:15 Game Night (CR)
 6:45 Pinochle (CR)
 7:00 Ukulele (AZ)
 7:00 Co-Dependants Anon (CAC)

TUESDAY

A.M.
 7:15 Hiking (PR)
 7:20 Exercise For Fun (FER)
 7:30 Tennis Early Bird Rnd Robin (TC)
 8:00 Blood Pressure Clinic 2nd & 4th
 (CAC)
 8:30 Water Aerobics (Pool)
 9:00 Bicycle Group (Flagpole)
 9:00 AZ Blankets 4 Kids (KOK)
 9:00 Softball Jan. & Feb.
 (Time varies)
 9:15 Shuffleboard Group Play (SC)
 9:30 Nutrition & Wellness (CR)
 9:30 Architectural Comm. (Conf)
 9:30 Paint for Fun (SAT)
 9:30 Zumba (FER)
 10:55 Strength and Balance (FER)
 11:00 Water Aerobics (Pool)

P.M.
 12:15 Yoga For Fun (FER)
 12:30 Hand, Foot and Toe (CR)
 1:00 Leather Crafting (WS)
 1:00 MahJong (CR)
 1:30 Beg. Rnd Dance (BR)
 2:00 Golf-Sunland Village
 (Sign up outside bulletin board)
 2:00 Bible Study (AZ)
 4:00 Open Quilting (KOK)
 5:00 Potluck (BR) Jan, Feb, March
 6:15 Omaha Poker (CR)
 6:30 Bingo-Doors open (BR)

WEDNESDAY

A.M.
 7:20 Exercise for Fun (FER)
 7:30 Tennis Early Bird Rnd Robin (TC)
 8:00 News Hour (BR)
 8:25 Yoga for Seniors (FER)
 8:30 Water Aerobics (Pool)
 9:15 Shuffleboard-Group Play (SC)
 9:30 Bible Study (CR)
 9:30 Paint for Fun (SAT)
 9:45 Pilates (FER)
 11:00 Water Aerobics (Pool)
 11:00 Tai Chi (FER)
 11:00 Food Cart (Patio)

P.M.
 12:00 Open Quilting (KOK)
 12:30 Hand, Foot and Toe (CR)
 12:30 Fab, Fit and Fun (FER)
 1:00 MahJong (CR)
 1:00 Bocce Ball (CIT)
 1:00 Wood Burning (WS)
 3:00 Bunco (CR) 1st & 3rd only
 3:15 H.I.T. Class (FER)
 4:00 Karaoke (Patio)
 4:30 Solos (AZ)
 6:30 Cribbage (CR)
 6:30 Ukulele (AZ)

THURSDAY

A.M.
 7:20 Exercise For Fun (FER)
 7:30 Tennis Early Bird Rnd Robin (TC)
 8:00 Reflexology (MAS)
 8:30 Water Aerobics (Pool)
 9:00 Open Quilting (KOK)
 9:00 Bicycle Group (Flagpole)
 9:15 Shuffleboard-Group play (SC)
 10:00 Veteran's Club 2nd only (PR)
 11:00 Chair Exercise (FER)
 11:00 Water Aerobics (Pool)

P.M.
 12:15 Yoga for Fun (FER)
 12:30 Hand, Foot and Toe (CR)
 1:00 BOD Meeting 3rd only (BR)
 1:00 Woodcarvers (WS)
 1:30 Tennis-Men's Rnd Robin (TC)
 4:00 Throwback Thursday (Patio)
 (Jan, Feb, March)
 6:15 Texas Hold 'Em (CR)
 6:45 Pinochle (CR)
 7:00 Round Dance Ph 4/5/6 (BR)
 7:00 Card Making (PR)

FRIDAY

A.M.
 7:20 Exercise for Fun (FER)
 7:30 Tennis Early Bird Rnd Robin (TC)
 8:25 Yoga for Seniors (FER)
 8:30 Water Aerobics (Pool)
 9:00 Card Making (PR)
 9:00 Adv. Quilting Class (KOK)
 9:15 Shuffleboard Group Play (SC)

FRIDAY cont'd

9:30 Beg. Line Dance (BBR)
 9:35 Pilates (FER)
 10:55 Strength and Balance (FER)
 11:00 Water Aerobics (Pool)

P.M.
 12:30 Fab, Fit and Fun (FER)
 12:30 Hand, Foot and Toe (CR)
 1:00 Open Sewing (KOK)
 1:00 Bocce Ball (CIT)
 1:00 Music Jam (PR)
 1:35 H.I.T. Class (FER)
 3:15 Tai Chi (FER)
 6:30 Fun Night (CR)

SATURDAY

A.M.
 7:30 Pancake Breakfast 2nd & 4th (BR)
 9:15 Shuffleboard group play (SC)
 10:00 Choreographed Round Dance (BR)
 11:00 Chair Exercise (FER)

P.M.
 12:30 Hand, Foot and Toe (CR)
 6:00 Mexican Train Dominoes (CR)

SUNDAY

A.M.
 9:30 Coffee (BR)
 9:55 Tai Chi (FER)
 10:00 Church (BR)

P.M.
 12:30 Hand, Foot and Toe (CR)
 1:00 Bocce Ball (CIT)
 3:30 Instrumental Group (PR)
 6:45 Pinochle (CR)

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

Throwback Thursday SCHEDULE

Jan. 7 th	Sure Fire Band
Jan. 14 th	Rick Adams
Jan. 21 st	Rose & Theresa
Jan. 28 th	The Driveway Band
Feb. 4 th	Midnight Moon
Feb. 11 th	
Feb. 18 th	
Feb. 25 th	Rose & Thersa
Mar. 4 th	
Mar. 11 th	Midnight Moon
Mar. 18 th	Tim Eggebraaten

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