

# 2022-2023 DAILY ACTIVITIES

## MONDAY

**A.M.**  
 7:30 Exercise for Fun (FER)  
 7:30 Tennis Early Bird Rnd Robin (TC)  
 8:30 Water Aerobics (Pool)  
 8:30 Senior Yoga (FER)  
 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)  
 9:30 Chair Exercise (FER)  
 10:30 Pilates (FER)  
 11:00 Water Aerobic (Pool)  
**P.M.**  
 12:00 Open Quilting (KOK)  
 12:15 Bowling AMF Lanes  
 12:30 Golf-Sunland East  
 (Sign up outside bulletin board)  
 12:30 Round Dance Clinic Ph 4-6 (BR)  
 12:30 Hand, Foot and Toe (CR)  
 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)  
 2:00 Ukulele Beginners (PR)  
 5:00 Monday Madness (Patio/BR)  
 6:00 Village Voices (PR & CAC)  
 6:00 AZ Blankets 4 Kids (KOK)  
 7:00 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 Water Aerobics (Pool)  
 8:30 Line Dance Lessons (BR)  
 8:30 Yoga (FER)  
 9:00 Ceramics  
 9:00 Bicycle Group (AZ)  
 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)  
 1:00 Dance (BR)  
 1:00 MahJong (CR)  
 2:00 Ladies Bible Study (CAC)  
 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)

## WEDNESDAY

**A.M.**  
 7:30 Exercise for Fun (FER)  
 7:30 Tennis Early Bird Rnd Robin (TC)  
 8:00 News Hour (BR)  
 8:30 Senior Yoga (FER)  
 8:30 Water Aerobics (Pool)  
 9:00 Ceramics  
 9:00 Stained Glass (CRA)  
 9:15 Shuffleboard-Group Play (SC)  
 9:30 Bible Study (CR)  
 10:30 Pilates (FER)  
 11:30 GALS Luncheon 2<sup>nd</sup>Wed (BR)  
 11:30 Snowbird Café (Patio)  
 11:00 Water Aerobics (Pool)  
**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 MahJong (CAC)  
 3:00 Bunco (CR)  
 4:00 Karaoke (Patio)  
 4:30 Single Ladies Social Hour (AZ)  
 7:00 Table Tennis (PR)

## THURSDAY

**A.M.**  
 7:30 Yoga (FER)  
 7:30 Tennis Early Bird Rnd Robin (TC)  
 8:30 Water Aerobics (Pool)  
 8:30 Yoga (FER)  
 9:00 Open Quilting (KOK)  
 9:00 Stained Glass (CRA)  
 9:00 Ceramics  
 9:00 Bicycle Group (AZ)  
 9:15 Shuffleboard-Group play (SC)  
 9:30 Round Dance Ph 5 Workshop (BR)  
 9:30 Chair Exercise (FER)  
 10:00 Veteran's Club 2<sup>nd</sup> only (PR)  
 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/Wood Burning (WS)  
 1:30 Tennis-Men's Rnd Robin (TC)  
 2:00 Ukulele Jam (PR)  
 4:00 Thirsty 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 (CRA)

## FRIDAY

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

## 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)  
 1:30 Cancer Support Group 1<sup>st</sup> (PR)  
 6:30 Pony Tail Canasta (CR)

## SATURDAY

**A.M.**  
 7:30 Pancake Breakfast  
 2<sup>nd</sup> & 4<sup>th</sup> (BR)  
 9:15 Shuffleboard group play (SC)  
 9:30 Chair Exercise (FER)  
 10:00 Cued Ballroom Dance Club (BR)  
**P.M.**  
 12:30 Hand, Foot and Toe (CR)  
 3:30 Wood Burning (WS)  
 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. 5 <sup>th</sup>  | Plus 2            |
| Jan. 12 <sup>th</sup> | The Breeze        |
| Jan. 19 <sup>th</sup> | Rick Stockstad    |
| Jan. 26 <sup>th</sup> | Midnight Moon     |
| Feb. 2 <sup>nd</sup>  | Music Reflections |
| Feb. 9 <sup>th</sup>  | Terry Hutchison   |
| Feb. 16 <sup>th</sup> | Steve Briggs      |
| Feb. 23 <sup>rd</sup> | Midnight Moon     |
| Mar. 2 <sup>nd</sup>  | The Breeze        |
| Mar. 9 <sup>th</sup>  | Plus 2            |
| Mar. 16 <sup>th</sup> | Midnight Moon     |
| Mar. 23 <sup>rd</sup> |                   |

