

2024-2025 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)
 9:35 Pilates (FER)
 10:00 Round Dance Lessons Ph 6 (BR)
 10:00 Square Dance A2 Funshop (PR)
 10:50 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)
 1:00 Open Quilting (KOK)
 1:00 Round Dance Clinic Ph 4-6 (BR)
 1:00 Water Volleyball (Pool)
 1:00 Bocce Ball (CIT)
 1:00 Woodcarving/Wood Burning (WS)
 1:30 Tennis Ladies Rnd Robin (TC)
 4:30 SOLO's
 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)
 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)
 8:30 Yoga (FER)
 9:00 Ceramics
 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 Architectural Comm. (Conf)
 9:30 Paint for Fun (CRA)
 10:00 Zumba (FER) Jan, Feb, March
 11:00 Water Aerobics (Pool)

P.M.
 12:30 Hand, Foot and Toe (CR)
 1:00 Leather Crafting (WS)
 1:00 MahJong (CR)
 1:30 Dance (BR) 1st & 3rd
 2:00 Golf-Sunland Village
 (Sign up outside bulletin board)
 2:00 Ladies Bible Study (AZ)
 4:00 Open Quilting (KOK)
 4:30 Ukulele (PR)
 4:30 Potluck (BR)
 6:00 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)
 8:30 Water Aerobics (Pool)
 8:35 Senior Yoga (FER)
 9:00 Ceramics
 9:00 Stained Glass (CRA)
 9:15 Shuffleboard-Group Play (SC)
 9:30 Bible Study (CR)
 9:35 Pilates (FER)
 11:00 Water Aerobics (Pool)
 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)
 6:00 Cribbage (CR)
 6:30 Village Voices (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)
 8:30 Yoga (FER)
 8:30 Line Dance (BR)
 9:00 Open Quilting (KOK)
 9:00 Stained Glass (CRA)
 9:00 Ceramics
 9:00 Bicycle Group (Flagpole)
 9:15 Shuffleboard-Group play (SC)
 10:00 Round Dance Ph 5 Workshop (BR)
 10:00 Veteran's Club 2nd only (PR)
 10:50 Chair Exercise (FER)
 11:00 Water Aerobics (Pool)
 11:30 GALS Luncheon 2nd only (BR)

P.M.
 12:30 Hand, Foot and Toe (CR)
 1:00 BOD Meeting 3rd only (BR)
 1:00 Woodcarvers (WS)
 1:00 Mahjong (CR)
 1:30 Tennis-Men's Rnd Robin (TC)
 4:00 Throwback Thursday (Patio)
 (Jan, Feb, March)
 6:00 Texas Hold 'Em (CR)
 7:00 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)
 8:30 Water Aerobics (Pool)
 8:35 Senior Yoga (FER)
 8:30 Card Making (PR)
 9:00 Adv. Quilting Class (KOK)
 9:00 Ceramics
 9:00 Stained Glass (CRA)
 9:15 Shuffleboard Group Play (SC)
 9:35 Pilates (FER)

FRIDAY cont'd

11:00 Water Aerobics (Pool)
 11:30 Snowbird Café (Patio)
P.M.
 12:30 Hand, Foot and Toe (CR)
 1:00 Water Volleyball (Pool)
 1:00 Open Sewing (KOK)
 1:00 Bocce Ball (CIT)

SATURDAY

A.M.
 7:30 Pancake Breakfast 2nd & 4th (BR)
 8:30 Yoga (FER)
 9:00 Stained Glass (CRA)
 9:15 Shuffleboard group play (SC)
 10:00 Choreographed Round Dance (BR)
 10:50 Chari Exercise (FER)

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

SUNDAY

A.M.
 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 2nd & 4th (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. 2 nd	The Breeze
Jan. 9 th	Midnight Moon
Jan. 16 th	Rose & The Thorns
Jan. 23 rd	JC & The Rockers
Jan. 30 th	Rockin' Rollers
Feb. 6 th	The Breeze
Feb. 13 th	Midnight Moon
Feb. 20 th	Gig Noonan
Feb. 27 th	Rockin' Rollers
Mar. 6 th	Rose & The Thorns
Mar. 13 th	The Breeze
Mar. 20 th	Rockin' Rollers
Mar. 27 th	Steve Briggs

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