

# 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<sup>nd</sup> & 4<sup>th</sup> (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 Dance (BR)  
 1:00 MahJong (CR)  
 2:00 Golf-Sunland Village  
 (Sign up outside bulletin board)  
 2:00 Ladies Bible Study (PR)  
 3:30 Ukulele (PR)  
 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)  
 9:45 Pilates (FER)  
 10:00 Crochet Group (CAC)  
 11:00 Water Aerobics (Pool)  
 11:30 GALS Luncheon 2<sup>nd</sup>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)  
 6:30 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)  
 9:00 Open Quilting (KOK)  
 9:00 Stained Glass (CRA)  
 9:00 Ceramics  
 9:00 Bicycle Group (Flagpole)  
 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<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 (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)  
 9:45 Pilates (FER)  
 11:00 Water Aerobics (Pool)  
 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<sup>nd</sup> & 4<sup>th</sup> (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)  
 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)  
 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 <sup>th</sup>	Music Reflections
Jan. 11 <sup>th</sup>	The Breeze
Jan. 18 <sup>th</sup>	Midnight Moon
Jan. 25 <sup>th</sup>	Rockin' Rollers
Feb. 1 <sup>st</sup>	Steve Briggs
Feb. 8 <sup>th</sup>	Gig Noonan
Feb. 15 <sup>th</sup>	Music Reflections
Feb. 22 <sup>nd</sup>	Midnight Moon
Feb. 29 <sup>th</sup>	The Breeze
Mar. 7 <sup>th</sup>	Bobby Joe Bell
Mar. 14 <sup>th</sup>	Rockin' Rollers
Mar. 21 <sup>st</sup>	The Breeze

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



Rev: November 15, 2023