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 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)
8:50 Strength and Balance (FER)
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)
10:00 Zumba (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)
8:50 Strength & Balance (FER)
9:00 Open Quilting (KOK)
9:00 Bicycle Group (Flagpole)
9:15 Shuffleboard-Group play (SC)
9:50 Tai Chi (FER)
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)
6:00 Dart (BIL)
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)
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 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)
6:00 Bocce Ball (CIT)
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. 7th	Sure Fire Band
Jan. 14th	Rick Adams
Jan. 21st	Rose & Theresa
Jan. 28th	The Driveway Band
Feb. 4th	Midnight Moon
Feb. 11th	
Feb. 18th	
Feb. 25th	Rose & Thersa
Mar. 4th	
Mar. 11th	Midnight Moon
Mar. 18th	Tim Eggebraaten

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

Rev: October 23, 2027