

Weekly Activities

LEGEND

A-Annex	C-Computer Room	CR-Card Room	DR-Dining Room	FA-Fitness Area
K-Kitchen	LL-Library Lounge	OA-Outside Activities	OF-Office	PR-Pool Room
VH-Viking Hall Gym				Bold Activities=Public Invited

Monday		Tuesday		Wednesday	
7:45	Aerobic Walking (FA)	7:45	Aerobic Walking (FA)	7:45	Aerobic Walking (FA)
8:30	Aerobics (FA)	8:30	Aerobics (FA)	8:30	Aerobics (FA)
8:30	Exercise (VH)	8:30	Rug Looming (A)	8:30	Exercise (VH)
8:30	Rug Looming (A)	9:30	Gym Trng and Demos (FA)	8:30	Rug Looming (A)
9:30	Beg Line Dance (VH)	10:00	Moderate Motion (FA)	9:00	Mah Jongg (CR)
10:00	Tai Chai (FA)	11:00	Yoga, Bal & Coord (FA)	9:30	Interm Line Dance (VH)
11:00	Fit & Fun (VH)	12:00	Pickleball (VH)	11:00	Fit & Fun (VH)
1:00	5 Crowns (DR)	12:30	Duplicate Bridge (CR)	12:30	Texas Hold 'em (DR)
1:00	Badminton (VH)	1:00	Creative Writing (A)	1:00	Badminton (VH)
1:00	Hand & Foot (CR)	1:00	Table Tennis (FA)	1:00	Cribbage (CR)
1:00	Pinochle (LL)	1:00	Whist (LL)	1:00	Mexican Train Dominos (LL)
1:00	Table Tennis (FA)	5:00	ACBL Duplicate Bridge (CR)	1:00	Table Tennis (FA)
3:00	Pickleball (VH)			3:00	Pickleball (VH)
5:00	Pickleball Lessons (VH)			3:15	Omaha Hi-Lo (DR)
				5:30	Aikido for members (FA)
				6:00	Badminton (VH)
Thursday		Friday		Saturday/Sunday	
7:45	Aerobic Walking (FA)	7:45	Aerobic Walking (FA)	9:00-Sat	Pickleball (VH)
8:30	Aerobics (FA)	8:30	Aerobics (FA)	9:00 Sat	Table Tennis (FA)
8:30	Rug Looming (A)	8:30	Exercise (VH)	11:00 Sat	ACBL Duplicate Bridge (CR)
9:00	Card Recyclers (LL)	8:30	Rug Looming (A)	12:30 Sat	Party Bridge (A)
9:30	Gym Training & Demos (FA)	9:30	Adv Line Dance (VH)	1:00 Sat	Aikido for Members (FA)
10:00	Joyful Gals & Guys (CR)	10:00	Tai Chi (FA)	1:00 Sat	Mex Train Dominos (LL)
10:00	Moderate Motion (FA)	11:00	Fit & Fun (VH)	1:00 Sun	Pickleball (VH)
11:00	Yoga, Bal & Coord (FA)	12:30	Duplicate Bridge (CR)	7:30pm	Saturday Dance (VH)
12:00	Painting Class (LL)	1:00	Badminton (VH)		Public Welcome
12:00	Pickleball (VH)	12:30	Bingo (DR)		
12:30	Party Bridge (A)	1:00	MexTrainDominos (LL)		
1:00	500 Cards (LL)	1:00	Pinochle (A)		
1:00	Table Tennis (FA)	1:00	Table Tennis (FA)		
5:00	7's from Hell (CR)	3:00	Pickleball (VH)		

Please be considerate for those with allergies and refrain from wearing cologne or perfume.