

SUN	MON	TUE	WED	THUR	FRI	SAT
			<div>9:30 AM Chair Exercise (Channel 1979)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Lung Exercises (Channel 1979)</div> <div>11:00 AM 20 Minute Walking Workout (Channel 1979)</div> <div>11:00 AM Connections (Club Room)</div> <div>1:15 PM Stand Tall, Don't Fall with Kirk (Aerobics Room)</div> <div>3:00 PM BINGO (Living Room)</div> <div>3:00 PM L'Heure Francaise (The French Hour) (Club Room)</div> <div>4:30 PM Hanukkah Candle Lighting (Club Room)</div>	<div>9:30 AM Meditation (Channel 1979)</div> <div>9:45 AM Aerobics with Lorraine (Large Auditorium)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Stand Tall, Don't Fall with Stacey Judge (Channel 1979)</div> <div>12:00 PM Seated Exercise (Channel 1979)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>2:00 PM Scrabble (Club Room)</div> <div>3:30 PM Chair Aerobics with Lorraine (Channel 1979)</div> <div>4:30 PM Hanukkah Candle Lighting (Club Room)</div>	<div>8:30 AM Trailblazers - Hiking Group (D&R Canal - easy terrain)</div> <div>9:30 AM Chair Aerobics (Channel 1979)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Cornhole (Small Auditorium)</div> <div>10:30 AM Seated Exercise (Channel 1979)</div> <div>12:00 PM Exercise - Boxing for Seniors (Channel 1979)</div> <div>1:00 PM Painting with Frank (Art Studio)</div> <div>1:00 PM Tai Chi (Aerobics Room)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>4:00 PM First Friday Cocktail Party (Living Room)</div> <div>4:00 PM Yoga with Lorraine (Channel 1979)</div> <div>4:30 PM Hanukkah Candle Lighting</div> <div>7:00 PM Shabbat Service (Channel 1979)</div>	<div>10:00 AM Full-Body Gentle Stretch (Channel 1979)</div> <div>10:30 AM Seated Exercise (Channel 1979)</div> <div>11:15 AM Stand Tall, Don't Fall with Stacey Judge (Channel 1979)</div> <div>12:00 PM Dance Exercise (Channel 1979)</div> <div>12:30 PM Senior Dance Cardio Workout (Channel 1979)</div> <div>1:30 PM Scrabble (Club Room)</div> <div>1:30 PM Afternoon Bridge (Club Room)</div> <div>5:00 PM GTKY : "Keeping Us Well" (Channel 1979)</div>
<div>8:30 AM 30 Minute Boosted Fitness Walk (Channel 1979)</div> <div>9:30 AM Fit Over Fifty Aerobics (Channel 1979)</div> <div>10:30 AM 10 Minute Mindful Meditation (Channel 1979)</div> <div>12:00 PM Catholic Mass (Channel 1979)</div> <div>1:00 PM Protestant Weekly Worship (Channel 1979)</div> <div>2:00 PM Sunday Afternoon Movie: It Happened on 5th Avenue (Large Auditorium)</div> <div>4:00 PM GTKY : "Keeping Us Well" (Channel 1979)</div> <div>4:30 PM Hanukkah Candle Lighting (Club Room)</div>	<div>9:45 AM Yoga (Large Auditorium)</div> <div>9:45 AM Yoga with Lorraine (Channel 1979)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Tai Chi (Channel 1979)</div> <div>10:45 AM Body/Mind Chair Fitness (Large Auditorium)</div> <div>11:00 AM GTKY : "Keeping Us Well" (Channel 1979)</div> <div>12:00 PM 10 Minute Music Meditation (Channel 1979)</div> <div>1:00 PM Drawing with Frank (Art Studio)</div> <div>2:00 PM Canasta (Club Room)</div> <div>2:00 PM Wreath Decorating (Art Studio)</div> <div>3:30 PM Grace & Frankie (Large Auditorium)</div> <div>4:00 PM Chair Yoga With Lorraine (Channel 1979)</div> <div>7:00 PM Billiards - Open Play (Billiards Room)</div>	<div>8:00 AM GTKY : "Keeping Us Well" (Channel 1979)</div> <div>9:45 AM Aerobics (Large Auditorium)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>12:00 PM Exercise - Move & Groove (Channel 1979)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>2:00 PM Canasta (Club Room)</div> <div>4:00 PM Low Impact Aerobics (Channel 1979)</div> <div>7:00 PM Corn Hole (Small Auditorium)</div>	<div>9:30 AM Chair Exercise (Channel 1979)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Book Club Meeting (Club Room)</div> <div>10:30 AM Lung Exercises (Channel 1979)</div> <div>11:00 AM 20 Minute Walking Workout (Channel 1979)</div> <div>1:15 PM Stand Tall, Don't Fall with Kirk (Aerobics Room)</div> <div>3:00 PM BINGO (Living Room)</div> <div>3:00 PM L'Heure Francaise (The French Hour) (Club Room)</div> <div>4:00 PM Poetry Circle (Library)</div>	<div>9:30 AM Meditation (Channel 1979)</div> <div>9:45 AM Aerobics with Lorraine (Large Auditorium)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Stand Tall, Don't Fall with Stacey Judge (Channel 1979)</div> <div>12:00 PM Beginners Ballet (Channel 1979)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>2:00 PM Scrabble (Club Room)</div> <div>3:30 PM Chair Aerobics with Lorraine (Channel 1979)</div>	<div>8:30 AM Trailblazers - Hiking Group (Meet at Front Desk)</div> <div>9:30 AM Chair Aerobics (Channel 1979)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Cornhole (Small Auditorium)</div> <div>10:30 AM Seated Exercise (Channel 1979)</div> <div>12:00 PM Exercise - Boxing for Seniors (Channel 1979)</div> <div>1:00 PM Painting with Frank (Art Studio)</div> <div>1:00 PM Tai Chi (Aerobics Room)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>4:00 PM Yoga with Lorraine (Channel 1979)</div> <div>7:00 PM Shabbat Service (Channel 1979)</div>	<div>10:00 AM Full-Body Gentle Stretch (Channel 1979)</div> <div>10:30 AM Seated Exercise (Channel 1979)</div> <div>11:15 AM Stand Tall, Don't Fall with Stacey Judge (Channel 1979)</div> <div>12:00 PM Dance Exercise (Channel 1979)</div> <div>12:30 PM Senior Dance Cardio Workout (Channel 1979)</div> <div>1:30 PM Scrabble (Club Room)</div> <div>1:30 PM Afternoon Bridge (Club Room)</div> <div>5:00 PM Getting to Know You (Channel 1979)</div>
<div>8:30 AM 30 Minute Boosted Fitness Walk (Channel 1979)</div> <div>9:30 AM Fit Over Fifty Aerobics (Channel 1979)</div> <div>10:30 AM 10 Minute Mindful Meditation (Channel 1979)</div> <div>12:00 PM Catholic Mass (Channel 1979)</div> <div>1:00 PM Protestant Weekly Worship (Channel 1979)</div> <div>4:00 PM Getting to Know You (Channel 1979)</div>	<div>9:45 AM Yoga (Large Auditorium)</div> <div>9:45 AM Yoga with Lorraine (Channel 1979)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Tai Chi (Channel 1979)</div> <div>10:45 AM Body/Mind Chair Fitness (Large Auditorium)</div> <div>11:00 AM Getting to Know You (Channel 1979)</div> <div>12:00 PM 10 Minute Music Meditation (Channel 1979)</div> <div>1:00 PM Drawing with Frank (Art Studio)</div> <div>2:00 PM Canasta (Club Room)</div> <div>3:30 PM Grace & Frankie (Large Auditorium)</div> <div>4:00 PM Chair Yoga With Lorraine (Channel 1979)</div> <div>5:00 PM Shadybrook Farms Lights Bus Trip (Yardley PA)</div> <div>7:00 PM Billiards - Open Play (Billiards Room)</div>	<div>8:00 AM Getting to Know You (Channel 1979)</div> <div>9:45 AM Aerobics (Large Auditorium)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>11:00 AM Torah for Today (Dining Room)</div> <div>12:00 PM Exercise - Move & Groove (Channel 1979)</div> <div>1:15 PM Stand Tall, Don't Fall with Kirk (Large Auditorium)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>2:00 PM Canasta (Club Room)</div> <div>3:00 PM Garden Club Presents:"Miss Potter" (Large Auditorium)</div> <div>4:00 PM Low Impact Aerobics (Channel 1979)</div> <div>7:00 PM Corn Hole (Small Auditorium)</div>	<div>9:30 AM Chair Exercise (Channel 1979)</div> <div>10:00 AM CANCELLED-Aqua Aerobics (Pool)</div> <div>10:30 AM Lung Exercises (Channel 1979)</div> <div>11:00 AM 20 Minute Walking Workout (Channel 1979)</div> <div>11:00 AM Connections (Club Room)</div> <div>2:00 PM Gingerbread Housing Making (Arts Studio)</div> <div>3:00 PM BINGO (Living Room)</div> <div>3:00 PM L'Heure Francaise (The French Hour) (Club Room)</div> <div>4:00 PM Advent Prayer Service (Stage)</div> <div>4:00 PM Poetry Circle (Library)</div>	<div>9:30 AM Meditation (Channel 1979)</div> <div>9:45 AM Aerobics with Lorraine (Zoom link will be emailed)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Book Club (Library)</div> <div>10:30 AM Stand Tall, Don't Fall with Stacey Judge (Channel 1979)</div> <div>12:00 PM Beginners Ballet (Channel 1979)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>2:00 PM Scrabble (Club Room)</div> <div>3:30 PM Chair Aerobics with Lorraine (Channel 1979)</div> <div>4:00 PM Episcopal Eucharist (Club Room)</div>	<div>8:30 AM Trailblazers - Hiking Group (Rockingham-Challenging Climb)</div> <div>9:30 AM Chair Aerobics (Channel 1979)</div> <div>10:00 AM CANCELLED-Aqua Aerobics (Pool)</div> <div>10:30 AM Cornhole (Small Auditorium)</div> <div>10:30 AM Seated Exercise (Channel 1979)</div> <div>12:00 PM Exercise - Boxing for Seniors (Channel 1979)</div> <div>1:00 PM Painting with Frank (Art Studio)</div> <div>1:00 PM Tai Chi (Aerobics Room)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>4:00 PM Yoga with Lorraine (Channel 1979)</div> <div>7:00 PM Shabbat Service (Channel 1979)</div>	<div>10:00 AM Full-Body Gentle Stretch (Channel 1979)</div> <div>10:30 AM Seated Exercise (Channel 1979)</div> <div>11:15 AM Stand Tall, Don't Fall with Stacey Judge (Channel 1979)</div> <div>12:00 PM Dance Exercise (Channel 1979)</div> <div>12:30 PM Senior Dance Cardio Workout (Channel 1979)</div> <div>1:30 PM Scrabble (Club Room)</div> <div>1:30 PM Afternoon Bridge (Club Room)</div> <div>5:00 PM Getting to Know You (Channel 1979)</div> <div>7:00 PM Program Committee Presents: Trenton Brass Quintet (Large Auditorium)</div>
<div>8:30 AM 30 Minute Boosted Fitness Walk (Channel 1979)</div> <div>9:30 AM Fit Over Fifty Aerobics (Channel 1979)</div> <div>10:30 AM 10 Minute Mindful Meditation (Channel 1979)</div> <div>12:00 PM Catholic Mass (Channel 1979)</div> <div>1:00 PM Protestant Weekly Worship (Channel 1979)</div> <div>4:00 PM Getting to Know You (Channel 1979)</div>	<div>9:45 AM Yoga (Large Auditorium)</div> <div>9:45 AM Yoga with Lorraine (Channel 1979)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Tai Chi (Channel 1979)</div> <div>10:45 AM Body/Mind Chair Fitness (Large Auditorium)</div> <div>11:00 AM Getting to Know You (Channel 1979)</div> <div>12:00 PM 10 Minute Music Meditation (Channel 1979)</div> <div>1:00 PM Drawing with Frank (Art Studio)</div> <div>2:00 PM Canasta (Club Room)</div> <div>3:30 PM Grace & Frankie (Large Auditorium)</div> <div>4:00 PM Chair Yoga With Lorraine (Channel 1979)</div> <div>7:00 PM Billiards - Open Play (Billiards Room)</div>	<div>8:00 AM Getting to Know You (Channel 1979)</div> <div>9:45 AM Aerobics (Large Auditorium)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>11:00 AM Residents Association Meeting (Large Auditorium)</div> <div>12:00 PM Exercise - Move & Groove (Channel 1979)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>2:00 PM Canasta (Club Room)</div> <div>4:00 PM Low Impact Aerobics (Channel 1979)</div> <div>7:00 PM Corn Hole (Small Auditorium)</div>	<div>9:30 AM Chair Exercise (Channel 1979)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Lung Exercises (Channel 1979)</div> <div>11:00 AM 20 Minute Walking Workout (Channel 1979)</div> <div>1:15 PM Stand Tall, Don't Fall with Kirk (Aerobics Room)</div> <div>3:00 PM BINGO (Living Room)</div> <div>3:00 PM L'Heure Francaise (The French Hour) (Club Room)</div>	<div>9:30 AM Meditation (Channel 1979)</div> <div>9:45 AM Aerobics with Lorraine (Large Auditorium)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Stand Tall, Don't Fall with Stacey Judge (Channel 1979)</div> <div>12:00 PM Beginners Ballet (Channel 1979)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>2:00 PM Scrabble (Club Room)</div> <div>3:30 PM Chair Aerobics with Lorraine (Channel 1979)</div> <div>7:00 PM Play Pool - Games Time for Pro's (Billiards Room)</div>	<div>8:30 AM Trailblazers - Hiking Group (Meet at Front Desk)</div> <div>9:30 AM Chair Aerobics (Channel 1979)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Cornhole (Small Auditorium)</div> <div>10:30 AM Seated Exercise (Channel 1979)</div> <div>12:00 PM Exercise - Boxing for Seniors (Channel 1979)</div> <div>1:00 PM Painting with Frank (Art Studio)</div> <div>1:00 PM Tai Chi (Aerobics Room)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>4:00 PM Yoga with Lorraine (Channel 1979)</div> <div>7:00 PM Shabbat Service (Channel 1979)</div>	<div>10:00 AM Full-Body Gentle Stretch (Channel 1979)</div> <div>10:30 AM Seated Exercise (Channel 1979)</div> <div>11:15 AM Stand Tall, Don't Fall with Stacey Judge (Channel 1979)</div> <div>12:00 PM Dance Exercise (Channel 1979)</div> <div>12:30 PM Senior Dance Cardio Workout (Channel 1979)</div> <div>1:30 PM Scrabble (Club Room)</div> <div>1:30 PM Afternoon Bridge (Club Room)</div> <div>5:00 PM Getting to Know You (Channel 1979)</div> <div>7:00 PM Program Committee Presents: Trenton Brass Quintet (Large Auditorium)</div>
<div>8:30 AM 30 Minute Boosted Fitness Walk (Channel 1979)</div> <div>9:30 AM Fit Over Fifty Aerobics (Channel 1979)</div> <div>10:30 AM 10 Minute Mindful Meditation (Channel 1979)</div> <div>12:00 PM Catholic Mass (Channel 1979)</div> <div>1:00 PM Protestant Weekly Worship (Channel 1979)</div> <div>4:00 PM Getting to Know You (Channel 1979)</div>	<div>9:45 AM Yoga (Large Auditorium)</div> <div>9:45 AM Yoga with Lorraine (Channel 1979)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Tai Chi (Channel 1979)</div> <div>10:45 AM Body/Mind Chair Fitness (Large Auditorium)</div> <div>11:00 AM Getting to Know You (Channel 1979)</div> <div>12:00 PM 10 Minute Music Meditation (Channel 1979)</div> <div>1:00 PM Drawing with Frank (Art Studio)</div> <div>2:00 PM Canasta (Club Room)</div> <div>3:30 PM Grace & Frankie (Large Auditorium)</div> <div>4:00 PM Chair Yoga With Lorraine (Channel 1979)</div> <div>7:00 PM Billiards - Open Play (Billiards Room)</div>	<div>8:00 AM Getting to Know You (Channel 1979)</div> <div>9:45 AM Aerobics (Large Auditorium)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>11:00 AM Torah for Today (Dining Room)</div> <div>12:00 PM Exercise - Move & Groove (Channel 1979)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>2:00 PM Canasta (Club Room)</div> <div>4:00 PM Low Impact Aerobics (Channel 1979)</div> <div>7:00 PM Corn Hole (Small Auditorium)</div>	<div>9:30 AM Chair Exercise (Channel 1979)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Lung Exercises (Channel 1979)</div> <div>11:00 AM 20 Minute Walking Workout (Channel 1979)</div> <div>1:15 PM Stand Tall, Don't Fall with Kirk (Aerobics Room)</div> <div>3:00 PM BINGO (Living Room)</div> <div>3:00 PM L'Heure Francaise (The French Hour) (Club Room)</div>	<div>9:30 AM Meditation (Channel 1979)</div> <div>9:45 AM Aerobics with Lorraine (Large Auditorium)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Stand Tall, Don't Fall with Stacey Judge (Channel 1979)</div> <div>12:00 PM Beginners Ballet (Channel 1979)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>2:00 PM Scrabble (Club Room)</div> <div>3:30 PM Chair Aerobics with Lorraine (Channel 1979)</div>	<div>8:30 AM Trailblazers - Hiking Group (Meet at Front Desk)</div> <div>9:30 AM Chair Aerobics (Channel 1979)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Cornhole (Small Auditorium)</div> <div>10:30 AM Seated Exercise (Channel 1979)</div> <div>12:00 PM Exercise - Boxing for Seniors (Channel 1979)</div> <div>1:00 PM Painting with Frank (Art Studio)</div> <div>1:00 PM Tai Chi (Aerobics Room)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>4:00 PM Yoga with Lorraine (Channel 1979)</div> <div>7:00 PM Shabbat Service (Channel 1979)</div>	
<div>8:30 AM 30 Minute Boosted Fitness Walk (Channel 1979)</div> <div>9:30 AM Fit Over Fifty Aerobics (Channel 1979)</div> <div>10:30 AM 10 Minute Mindful Meditation (Channel 1979)</div> <div>12:00 PM Catholic Mass (Channel 1979)</div> <div>1:00 PM Protestant Weekly Worship (Channel 1979)</div> <div>4:00 PM Getting to Know You (Channel 1979)</div>	<div>9:45 AM Yoga (Large Auditorium)</div> <div>9:45 AM Yoga with Lorraine (Channel 1979)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Tai Chi (Channel 1979)</div> <div>10:45 AM Body/Mind Chair Fitness (Large Auditorium)</div> <div>11:00 AM Getting to Know You (Channel 1979)</div> <div>12:00 PM 10 Minute Music Meditation (Channel 1979)</div> <div>1:00 PM Drawing with Frank (Art Studio)</div> <div>2:00 PM Canasta (Club Room)</div> <div>3:30 PM Grace & Frankie (Large Auditorium)</div> <div>4:00 PM Chair Yoga With Lorraine (Channel 1979)</div> <div>7:00 PM Play Pool - Games Time for Pro's (Billiards Room)</div>	<div>8:00 AM Getting to Know You (Channel 1979)</div> <div>9:45 AM Aerobics (Large Auditorium)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>11:00 AM Torah for Today (Dining Room)</div> <div>12:00 PM Exercise - Move & Groove (Channel 1979)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>2:00 PM Canasta (Club Room)</div> <div>4:00 PM Low Impact Aerobics (Channel 1979)</div> <div>7:00 PM Corn Hole (Small Auditorium)</div>	<div>9:30 AM Chair Exercise (Channel 1979)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Lung Exercises (Channel 1979)</div> <div>11:00 AM 20 Minute Walking Workout (Channel 1979)</div> <div>1:15 PM Stand Tall, Don't Fall with Kirk (Aerobics Room)</div> <div>3:00 PM BINGO (Living Room)</div> <div>3:00 PM L'Heure Francaise (The French Hour) (Club Room)</div>	<div>9:30 AM Meditation (Channel 1979)</div> <div>9:45 AM Aerobics with Lorraine (Large Auditorium)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Stand Tall, Don't Fall with Stacey Judge (Channel 1979)</div> <div>12:00 PM Beginners Ballet (Channel 1979)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>2:00 PM Scrabble (Club Room)</div> <div>3:30 PM Chair Aerobics with Lorraine (Channel 1979)</div>	<div>8:30 AM Trailblazers - Hiking Group (Meet at Front Desk)</div> <div>9:30 AM Chair Aerobics (Channel 1979)</div> <div>10:00 AM Aqua Aerobics (Pool)</div> <div>10:30 AM Cornhole (Small Auditorium)</div> <div>10:30 AM Seated Exercise (Channel 1979)</div> <div>12:00 PM Exercise - Boxing for Seniors (Channel 1979)</div> <div>1:00 PM Painting with Frank (Art Studio)</div> <div>1:00 PM Tai Chi (Aerobics Room)</div> <div>1:30 PM Recreational Bridge (Club Room)</div> <div>4:00 PM Yoga with Lorraine (Channel 1979)</div> <div>7:00 PM Shabbat Service (Channel 1979)</div>	