

Village of Colonie Senior Center 518-869-7172

DAILY ACTIVITIES

SEE RECEPTIONIST IF ANY QUESTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00-12:00 Bingo</p>	<p>1:00-2:15 – TRS</p>	<p>10:15-11:00 Line</p>	<p>9:00-2:30 Bingo</p>	<p>10:00-2:30 Mah Jongg</p>
<p>9:00-9:45 Qi Gong (Shawn Ferris)</p>	<p>MEETING (1st TUES)</p>	<p>Dancing (Theresa M)</p>	<p>11:00-2:30 Mah Jongg</p>	<p>10:00-11:15 Village Singers (Malcolm)</p>
<p>9:45-10:30 Tai Chi (Shawn Ferris)</p>	<p>11-11:45 Funct Mvmt (Isadore)</p>	<p>12:45-1:30 Funct Mvmt (Isadore)</p>	<p>10:15-11:00 Body Fitness (Theresa M)</p>	<p>11-11:45 Funct Mvmt (Isadore)</p>
<p>8:30-2:30 - Billiards</p>	<p>8:30-2:30 - Billiards</p>	<p>8:30-2:30 – Billiards, Sewing</p>	<p>8:30-2:30 - Billiards</p>	<p>12:00 MOVIE</p>
<p>8:30-2:30 - Billiards Workout Room</p>	<p>Sewing, Workout Room</p>	<p>Workout Room</p>	<p>Workout Room</p>	<p>8:30-2:30 Billiards Workout Room</p>