

SUN	MON	TUE	WED	THUR	FRI	SAT
9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:00 Church Shuttle (*) 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Mass with Fr. John Finnell 6:00 Movie	10:00 Balance Class 11:00 Next Level Fit with Christian Burch 11:00 Painting Class with Arthur Evans (*) 2:00 Channel 96: Gentle Yoga 3:00 Jimmy Buffet Style Music with Jim Synder 3:30 Conversations in French and French Culture with Frank Martin 7:15 St. Marks United Methodist Church Steel Drums	10:00 Sittercise 11:00 Sing-A-Long to the Oldies 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 4:30 Dinner Trip to Cozumel Cantina & Grill on the River (*) 7:15 Movie	10:00 Balance Class 11:00 A Room with Many Views w/ Rev. Jim Lewis 2:00 Bingo 3:30 Golf 7:00 Prayer Circle Meeting	10:00 Sittercise 10:00 WVU OLLI Class "A Taste of the Jewish Short Story (*)" 11:00 Flex & Flow with Mary Louise King 12:30 Alterations w/Carolyn 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*) 3:00 Labeling for Read Aloud	10:00 Balance Class 10:00 WVU OLLI Class: Art of Deception by Melora Cann (*) 1:00 Shopping @ Dollar Tree (*) 3:30 Golf 7:15 Movie	10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:00 Makers Space Workshop 7:15 Movie
9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:00 Church Shuttle (*) 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:15 Light Opera Guild: The Wedding Singer (*) 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Communion 6:00 Movie	10:00 Balance Class 11:00 Next Level Fit with Christian Burch 11:00 Painting Class with Arthur Evans (*) 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:00 Team Trivia with Bob 3:30 Conversations in French and French Culture with Frank Martin	10:00 Lunch and Shopping at Huntington Mall (*) 10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:00 Holy Communion With St. Marks Methodist Church 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 7:15 Movie	10:00 Balance Class 11:00 A Room with Many Views w/ Rev. Jim Lewis 11:30 Employee Activities Committee Hamburger Fundraiser 1:00 Read Aloud & Story Time 1:30 Dementia & Alzheimer's Support Group 2:00 Bingo 2:00 Check Cashing 3:30 Golf 7:00 Prayer Circle Meeting	10:00 Sittercise 11:00 Flex & Flow with Mary Louise King 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*)	10:00 Balance Class 11:00 Next Level Fit with Christian Burch 1:00 Kanawha Charleston Humane Association Pet Visits 1:00 Shopping @ Dollar General (*) 3:30 Golf 7:15 Movie	10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:00 Makers Space Workshop 7:15 Movie
9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:00 Church Shuttle (*) 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Communion 6:00 Movie	10:00 Balance Class 11:00 Next Level Fit with Christian Burch 11:00 Painting Class with Arthur Evans (*) 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 Conversations in French and French Culture with Frank Martin	10:00 Sittercise 11:00 Sing-A-Long with Phyllis 1:00 Channel 96: Seated Exercises 1:00 Read Aloud and Story Time 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 2:00 "Current Scams" presented by Susan Azevedo 7:15 Movie	10:00 Balance Class 11:00 A Room with Many Views w/ Rev. Jim Lewis 2:00 Bingo 3:30 Golf 7:00 Prayer Circle Meeting	10:00 Sittercise 11:00 Blood Pressure Check 11:00 Flex & Flow with Mary Louise King 12:30 Alterations w/Carolyn 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*) 3:00 Double Play: Flute & Tuba	10:00 Balance Class 10:00 WVU OLLI Class: Art of Deception presented by Melora Cann (*) 11:00 Lemon Bake Sale Fundraiser for Alzheimer's Association 11:00 Next Level Fit with Christian Burch 1:00 Chit Chat 1:00 Shopping @ Target (*) 3:30 Golf 7:15 Movie	10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:00 Orange Creamsicle Float Social 1:30 Channel 96: Balance Skills & Drill 2:00 Makers Space Workshop 7:15 Movie
9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:00 Church Shuttle (*) 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Communion 6:00 Movie	10:00 Balance Class 11:00 Next Level Fit with Christian Burch 11:00 Painting Class with Arthur Evans (*) 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 Conversations in French and French Culture with Frank Martin	10:00 Sittercise 11:00 Lunch Outing to Pepperoni Grille (*) 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 7:15 Movie	10:00 Balance Class 10:30 Massages by The Massage & Reiki Center (*) 11:00 A Room with Many Views w/ Rev. Jim Lewis 2:00 Bingo 2:00 Check Cashing 3:30 Golf 7:00 Prayer Circle Meeting	10:00 Sittercise 11:00 Flex & Flow with Mary Louise King 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*) 3:00 "Let's Flamingle" Dance Party with Arlen Bishop	10:00 Balance Class 11:00 Next Level Fit with Christian Burch 3:30 Golf 7:15 Movie	10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:00 Makers Space Workshop 2:00 WVU vs RMU Football Watch Party 7:15 Movie
9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:00 Church Shuttle (*) 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Communion 6:00 Movie						Please use the registration sheet to sign up for any event with an asterisk (*) next to it.

