



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
|  1 10:00am Gentle Exercise with Interfaith 2 10:00am French Class 12:30pm Joy Movement | 10:00am Crafts with Interfaith 3 10:00am Line Dancing 11:00am Basket Weaving 12:00pm Mahjong 12:30pm Hand & Foot Canasta | 8:30am Tai Chi 4 12:00pm Samba Cards | 9:00am Scrapbooking 5 12:00pm Pinochle 12:00pm Party Bridge | |
| 9:00am Learn to Crochet & Knit 8 9:00am Mahjong 10:00am Bingo with Interfaith 12:00pm Samba Cards | 10:00am Gentle Exercise with Interfaith 9 10:00am French Class 12:30pm Joy Movement | 10:00am Crafts with Interfaith 10 10:00am Line Dancing 11:00am Basket Weaving 12:00pm Mahjong 12:30pm Hand & Foot Canasta | 8:30am Tai Chi 11 10:00am Gentle Exercise with Interfaith 12:00pm Samba Cards | 9:00am Scrapbooking 12 12:00pm Pinochle 12:00pm Party Bridge |
| 9:00am Learn to Crochet & Knit 15 9:00am Mahjong 10:00am Bingo with Interfaith 12:00pm Samba Cards | 10:00am Gentle Exercise with Interfaith 16 10:00am French Class 12:30pm Joy Movement | 10:00am Crafts with Interfaith 17 10:00am Line Dancing 11:00am Basket Weaving 12:00pm Mahjong 12:30pm Hand & Foot Canasta | 8:30am Tai Chi 18 10:00am Chair Yoga with Interfaith 12:00pm Samba Cards | 9:00am Scrapbooking 19 12:00pm Pinochle 12:00pm Party Bridge |
| 9:00am Learn to Crochet & Knit 22 9:00am Mahjong 10:00am Bingo with Interfaith 12:00pm Samba Cards | 10:00am Gentle Exercise with Interfaith 23 10:00am French Class 12:30pm Joy Movement | 10:00am Crafts with Interfaith 24 10:00am Line Dancing 11:00am Basket Weaving 12:00pm Mahjong 12:30pm Hand & Foot Canasta | 8:30am Tai Chi 25 10:00am Chair Yoga with Interfaith 12:00pm Samba Cards | 9:00am Scrapbooking 26 12:00pm Pinochle 12:00pm Party Bridge |
| 9:00am Learn to Crochet & Knit 29 9:00am Mahjong 10:00am Bingo with Interfaith 12:00pm Samba Cards | 10:00am Gentle Exercise with Interfaith 30 10:00am French Class 12:30pm Joy Movement | | | |

Important Notes

Lunch is prepared by Meals on Wheels for those aged 60+ who reside in Montgomery County and is served promptly at 11:30am. **Please arrive no later than 11:15am to sign in.**

For more information regarding Interfaith Senior Activities, please contact Deisy Isaza at (281) 367-1230.

For more information regarding the center Activities, please call at (281) 363-9410.