|  | **Monday** **September 29, 2025** | **Tuesday****September 30, 2025** | **Wednesday****October 1, 2025** | **Thursday****October 2, 2025** | **Friday** **October 3, 2025** |
| --- | --- | --- | --- | --- | --- |
| **10:30****AM** | **Class Sign-Ups** Angela’s Room | **Class Sign-Ups** Angela’s Room | **Class Sign-Ups** Angela’s Room | **Class Sign-Ups** Angela’s Room | **Class Sign-Ups** Angela’s Room |
| **Weight Training**Johnny / Gym  | **Mind to Muscle** Johnny / Gym | **Movie: Father of the Bride**Amanda / Overflow | **Art Project**Brian M. | **Walking Group** Johnny / Outside!  |
| **TV Time:** **Family Matters** Andrew/Overflow | **Art Project**Brian M. | **Member Feedback with Chris\**MPR  | **Building A Snowman Guess the Affirmations**Christine / MPR | **Open Art (2hr.)** |
| **11:45****AM** | **Class Sign-Ups** Angela’s Room | **Class Sign-Ups** Angela’s Room | **Class Sign-Ups** Angela’s Room | **Class Sign-Ups** MPR | **Class Sign-Ups** Angela’s Room |
| **Gaming for Mental Health**Paula / Overflow | **Trivia Time 3:** **Return of the Trivia**Brian / MPR | **Creating Art with 3D Print Recycling**Christine / MPR | **Front Desk Volunteer Mtg.** | **Open Art (2nd hour)** |
| **Karaoke**Amanda / Overflow Room |
| **Goal Setting**Greg/MPR | **Bingo**Johnny / Overflow | **Step & Dance Aerobics**Sheila | **Gaming Group**Andrea |  |
|
| **12:45** | **L U N C H**  |
| **1:30****PM** | **Class Sign-Ups** Angela’s Room | **Class Sign-Ups** Angela’s Room |  **Class Sign-Ups** Angela’s Room | **Class Sign-Ups** | **CLOSED EARLY FOR STAFF MEETING** |
| **OCD/Anxiety Support Group**Julie / Overflow Room | **Creative Writing** Brian / MPR | **Pickleball**Bill/ Outside | **Exercise for Wellness**Christ College |
|  | **Sidewalk Chalk**Pamela | **Watercolor**Jerry / MPR |  |

|  | **Monday** **September 2 2025** | **Tuesday****September 30, 2025** | **Wednesday****October 1, 2025** | **Thursday****October 2,, 2025** | **Friday** **October 3,, 2025** |
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| **10:30****AM** | Amanda | Andrea |  |  |  |
| Mary | Mary | Christine | Mary | Jeannie |
| Julie | Jeannie | Andrea | Jeannie | Mary |
| Jeannie | Christine | Mary |  |  |
| **11:45****AM** | Amanda | Andrea | Andrea | Jeannie | Mary |
| Mary | Mary | Jeannie | Mary | Christine |
| Julie | Christine | Amanda |  |  |
|
| Christine |  | Mary |  |  |
| **12:45PM** |  |
| **1:30****PM** | Greg |  Christine | Jeannie | Mary | **CLOSED EARLY FOR STAFF MEETING** |
| Mary | Mary | Andrea |  |
| Christine |  | Mary |  |
|  |  | Julie |  |  |