|  | **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** |
| --- | --- | --- | --- | --- | --- |
| **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 |  |  |