

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><i>10am – TRS Meeting (1st TUES)(no Funct Mvmt this day)</i></p>		<p>9:00-2:30 Bingo</p>	<p>11:00-2:30 Mah Jongg</p>
<p>9:00-9:45 Qi Gong <i>(Shawn F)</i></p>	<p>11-11:45 Funct Mvmt <i>(Isadore) (Not on the 1st Tues of the Month)</i></p>	<p>12:45-1:30 Funct Mvmt <i>(Isadore J)</i></p>	<p>11:00-2:30 Mah Jongg</p>	<p>10:00-11:15 Village Singers <i>(Malcolm K)</i></p>
<p>9:45-10:30 Tai Chi <i>(Shawn F)</i></p>		<p>8:30-2:30 – Billiards, Sewing</p>	<p>10:15-11:00 Body Fitness <i>(Theresa M)</i></p>	<p>11-11:45 Funct Mvmt <i>(Isadore J)</i></p>
<p>8:30-2:30 - Billiards Workout Room</p>	<p>8:30-2:30 - Billiards</p> <p>Sewing, Workout Room</p>	<p>Workout Room</p>	<p>8:30-2:30 - Billiards</p> <p>Workout Room</p>	<p>12:00 MOVIE</p> <p>8:30-2:30 Billiards Workout Room</p>