

Village of Colonie Senior Center 518-869-7172

DAILY ACTIVITIES

SEE RECEPTIONIST IF ANY QUESTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bingo All Day	11-11:45 Functional Movement <i>(Isadore J.)</i>	Bingo All Day	10:15-11:00 Body Fitness <i>(Theresa M)</i>	10:00-10:45 Chair Yoga <i>(Kim M)</i>
9:00-9:45 Qi Gong <i>(Shawn F)</i>	12:30-2:30 Pinochle	<i>10am – TRS</i> <i>Meeting (2nd</i> <i>Wednesday)</i>	11:00-2:30 Mah Jongg	10:00-11:00 Singers <i>(Malcolm K)</i>
9:45-10:30 Tai Chi <i>(Shawn F)</i>		11-11:45 Functional Movement <i>(except TRS meeting</i> <i>day)(Isadore J.)</i>		11:00-2:30 Mah Jongg
				11-11:45 Functional Movement <i>(Isadore J.)</i>