LVR Daily Scheduled Activities As Of November 2016

TIME	*MONDAY*	*TUESDAY*	*WEDNESDAY*	*THURSDAY*	*FRIDAY*	*SATURDAY*	*SUNDAY*
7:00 AM	Walk Aerobics	Walk Aerobics	Walk Aerobics	Walk Aerobics	Walk Aerobics		
8:00							
8:15	3-mile Workout	3-mile Workout	3-mile Workout	3-mile Workout	3-mile Workout		
↓				(except when breakfast)			
8:30	Shuffleboard		Shuffleboard	Bible Study -			
↓				(except 1st Thursday)			
9:30	LVR Office Open	LVR Office Open	LVR Office Open	LVR Office Open	LVR Office Open		
10:00				Ladies Pool			
10:30	Line Dance					Adult Coloring	
11:00				Painting Class			
11:30	LVR Office Close	LVR Office Close	LVR Office Close	LVR Office Close	LVR Office Close		
12:30 PM			Line Dance				
1:00		Bunco					Yahoo
2:00			Couples Pool				
2:30	Water Aerobics		Water Aerobics		Water Aerobics		
6:30 Game Night	Men & Ladies Poker	Cards & Games		Texas Hold'em	Hand Knee & Foot		

LVR Ladies Mon. Golf
T-Time via e-mail

Wednesday
LVR Ladies' Golf
9:30 am
Monday

Thursday
LVR Men's Golf
10:00 am

Friday
LVR Couples Golf
see sign-up sheet in