	LVR DAILY SCHEDULED ACTIVITIES FOR 2018 - 2019						
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**	**Stretch Exercise LVR Office Open**	**LVR Office Open**	**Stretch Exercise LVR Office Open**	**LVR Office Open**		
10:00	**Beginers Line Dance**			**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 (1-2:30)**					**Yahoo**
2:00			**Couples Pool**				
2:30	**Water Aerobics**		**Water Aerobics**		**Water Aerobics**		
6:30 Game Night	**Men & Ladies Poker**	**Cards & Games**	**Euchre**	**Texas Hold'em**	**Hand Knee & Foot**		

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

Wednesday
LVR Ladies' Golf
9:30 am

Thursday
LVR Men's Golf
10:00 am

Friday
LVR Couples Golf
see sign-up sheet in Library