

GEORGE STREET SENIOR CENTER ACTIVITY SCHEDULE

		Monday	Tuesday	Wednesday	Thursday	Friday
Start Time	End Time					
8 a.m.	10 a.m.	Coffee Hour	Coffee Hour	Coffee Hour	Coffee Hour	Coffee Hour
8:00 a.m.	10 a.m.	Billiards	Billiards	Billiards	Billiards	Billiards
9:00 a.m.	11:00 a.m.			Senior Pharmacy (3 rd)		
9:00 a.m.	12:00 p.m.		Oil Painting		Oil Painting	
9:00 a.m.	1100 p.m.			SHIIP (3 rd)		
9:30 a.m.	11:00 p.m.		Hearing Screening (4 th)			
10:00 a.m.	11:00 p.m.		Hearing Counseling (2 nd) by appt.			
10:00 a.m.	11:00 a.m.	Chair Aerobics	Grandparents Group (2 nd)	Nutrition Program (1 st)		Chair Aerobics
10:00 a.m.	11:00 a.m.		Games	Mental Health (2 nd)		
10:00 a.m.	11:00 a.m.		Senior Craft/Quilting	Cooperative Extension (4 th)*		
10:30 a.m.	11:00 a.m.			Blood Pressure Checks (3 rd)		
10:00 a.m.	12:00 a.m.				Movie	
11:00 a.m.	12:00 p.m.	Bingo	Games (3 rd)	Chorus (3 rd)	Games	Bingo
12:00 a.m.	1;00 p.m.	Piano Presentation	Piano Presentation	Safety Seminar (2 nd)	Piano Presentation	Piano Presentation
				Environmental Ed(1 st)		
12:00 p.m.	12:45p.m.	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 p.m.	2:00 p.m.				Beginner's Line Dancing	
1:00 p.m..	4:00 p.m.**			Visually Impaired Program		
1:00 p.m.	2:30 p.m.	Yoga				
2:00 p.m.	4:00 p.m.		Wii Games	Diabetes Workshop	Wii Games Forteo Workshop Cards/Scrabble	

- *Cooperative Extension – Postponed until, May, 2009
- **Line Dancing is canceled until further notice**

FOR MORE INFORMATION ABOUT ANY ACTIVITY, PLEASE CALL (252) 638-1790