

**NEOAC DAILY ACTIVITIES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Silver Sneakers (\$2.00) 8:30 am 9:30 am	EnhanceFitness (Free) 8:15-9:15 am	Silver Sneakers (\$2.00) 8:30 am 9:30 am	EnhanceFitness (Free) 8:00- 9:00 am	Silver Sneakers (\$2.00) 8:30 am
Beginner's Line Dance w/ Jean and Pat 10:30 am	Tap Class (\$2.00) 9:00 am	Bridge Class Beginners/ Advanced 9:00- 11:00 am	Exercise Class w/ Linda 9:30 am	Non- Denominational Inspirational Group 9:00- 10:30 am
S.O.W.N (Supportive Older Women's Network) 9:30 am	Exercise Class w/ Betty 9:30 am	Yiddish Culture Club 10:30 am	Arts & Crafts (\$2.00) 9:00- 11:00 am	Texas Hold'em 9:30 am
Current Events 10:30-11:20 am	Texas Hold'em 9:30 am	Tai Chi (\$2.00) 10:30- 11:30 am	Journey's Way Support Group 10:30 am	Line Dancing w/ Rocky & Marie 9:30- 11:00 am
Bingo 12:30- 2:00 pm	Ceramics Class (\$2.00) 10:00- 11:30 am	Bingo 12:30- 2:00 pm	Voices in Harmony 10:30 am	Widow & Widowers Group 10:00 am
Bridge 1:00- 3:30 pm	Miercoles- grupo del Inspiracion biblica 10:00- 11:00 am	Line Dancing w/ Carole 12:30 pm	"Hola" Current Events in Spanish 10:30 am	Advanced Line Dancing w/ Cil 11:00-11:45 am
Sketch 1:00- 3:00 pm	Sing-A-Long 10:30 am	Music Theory 12:45- 1:30 pm	Chess 11:30 am	Bridge 12:30- 3:00 pm
	Afternoon Dance (Various Entertainment) 12:30- 2:00 pm	Music Instruction 1:00- 3:00 pm	Karaoke 12:30- 2:30 pm	Bingo 12:30- 2:00 pm
	Spanish/ English Class 12:30- 2:00 pm	Art Class (Painting) (\$2.00) 1:00- 4:00 pm	Drama Class 12:30- 2:00 pm	Scrabble Game 12:30 pm
	Laughing Yoga 1:00 pm (1 <sup>st</sup> Tuesday)	Membership Meeting 4 <sup>th</sup> Wednesday of the month 10:00 am	Ballroom Dance Class (\$2.00) 12:30- 2:00 pm	Laughing Yoga 10:00 am (3 <sup>rd</sup> Friday)
			Computer Class 12:30- 2:00 pm 2:00- 4:00 pm	
Lunch 10:45 11:30	Lunch 10:45 11:30	Lunch 10:45 11:30	Lunch 10:45 11:30	Lunch 10:45 11:30

\* Exercise Equipment is available 8:00 am- 4:00 pm

\*Pool Room is open 8:00 am- 4:00 pm

\*Card Tables available for card games & Dominoes 8:00am- 4:00 pm

\*Shuffleboard is available when Lunchroom is not in use.

\*Suggested Daily Donation for CCT \$1.00  
& Congregate Meal Program \$0.50