



THE VILLAGES AT CARVER FAMILY YMCA

Active Older Adult Activity Calendar

2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>Senior Fitness</u> 9:15 am—10:05 am <u>Sewing</u> 10:10 am—11:10 am <u>Bowling</u> 11:10 am—12:30	<u>Senior Chair Aerobics</u> 10:15 am—11:15 am <u>Knitting/Crochet</u> 11:20 am—12:20 pm	<u>Computer Class/Card Making</u> 9:10 am—10:10 am <u>Senior Water Aerobics</u> 10:15am-11:15 am <u>Senior Fitness</u> 11:20 am - 12:20 pm <i>12:30 pm Lunch and Learn</i>	<u>Arts & Crafts</u> 9:00 am—10:00 am <u>Senior Chair Aerobics</u> 10:20 am—11:20 am <u>Line Dancing</u> 11:20 am—12:20 pm		
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