

Which activities should Calendar House Add?

The activities listed below are carried out at other local Senior Centers, but not currently at Calendar House.

Which ones would you like to have at Calendar House?

Please select your favorite 6 items and put the activity **number** on the list at the page bottom.

Num	Activity	Type	Num	Activity	Type
1	Art & Painting	art	39	Needlework Club	Enrichment
2	Brush & Palette Club	art	40	Photography	Enrichment
3	Card Making	art	41	Swedish Weaving	Enrichment
4	Coloring for Relaxation	art	42	Vegetarian Cooking	Enrichment
5	Canasta	cards	43	Wildflower Presentation	Enrichment
6	Cribbage	cards	44	Genealogy Club	Enrichment
7	Mexican Train	cards	45	Financial/Investment Club	Enrichment
8	Nickel-Nickel/Cards	cards	46	Arthritis Exercise	Exercise
9	Pinochle	Cards	47	Balance & Coordination	Exercise
10	Poker Club	cards	48	Better Bones Exercise	Exercise
11	Texas Holdem	Cards	49	Boomers & Beyond Body Camp	Exercise
12	Whist Card Party	Cards	50	Cardio Step	Exercise
13	Basics of Diabetes	Care	51	Chair Exercises	Exercise
14	Caregivers meeting	Care	52	Fitness fun	Exercise
15	Dental Clinic	Care	53	Gentle Pilates	Exercise
16	Elder Care Issues	Care	54	Ladies Exercise	Exercise
17	Hearing Screening	Care	55	Latin Rhythm Exercise	Exercise
18	Low Vision	Care	56	Legswork Program	Exercise
19	Massage by Appt	Care	57	Parkinson Support Group Fitness	Exercise
20	Memory Screening	Care	58	Pickleball	Exercise
21	Naturopathic Medicine	Care	59	Pilates	Exercise
22	NURSE (By Appointment)	Care	60	Reflexology	Exercise
23	Social Dance	Dance	61	Reiki	Exercise
24	Square Dancing	Dance	62	Sit Down & Tone Up	Exercise
25	Tap Dancing	Dance	63	Stretching and strengthening exercises	Exercise
26	Book Club	Enrichment	64	Sweatin' to the Oldies Exercise	Exercise
27	Ceramics	Enrichment	65	Tai Chi	Exercise
28	Chair Caning	Enrichment	66	Video Exercise	Exercise
29	Chocolate Making	Enrichment	67	Weight Training	Exercise
30	Choral Group	Enrichment	68	Yoga	Exercise
31	Cognition & Creativity	Enrichment	69	Zumba	Exercise
32	Crafty knitters	Enrichment	70	Bocce	Social
33	Creative Writing	Enrichment	71	Dinner and Cabaret	Social
34	Crochet	Enrichment	72	Movies	Social
35	Current Events	Enrichment	73	Sports talk	Social
36	French Class	Enrichment	74	Veteran's club	Social
37	Jewelry Making	Enrichment	75	Wii Bowling	Social
38	Life Story Writing Workshop	Enrichment			

----- Please cut here and return piece below to Calendar House -----

My selected activity NUMBERS are:-

A _____ **B** _____ **C** _____ **D** _____ **E** _____ **F** _____

Please also consider these activities:- _____

Contact Details (Optional): Name _____ **Phone** _____

Current Calendar House Activities.

The activities listed below are currently carried out at calendar House.

If there are other activities that you would like to be available,
please check overleaf for options.

Activity	Type
Folk Art	art
Open Painting	art
Stained Glass Club	art
Watercolors	art
Computers, Tablets & Phones	Enrichment
Drawing	Enrichment
Granny Squares	Enrichment
Line Dancing	Enrichment
Poetry	Enrichment
Quilting	Enrichment
Trips (day & overnight)	Enrichment
Aerobics	Exercise
Badminton	Exercise
Chair Yoga	Exercise
Dancercise	Exercise
Golf league	Exercise
Physical Fitness	Exercise
Ping Pong	Exercise
Strength Training	Exercise
TOPS (Take Off Pounds Sensibly)	Exercise
Blood pressure screening	Medical
Footcare	Medical
Health Fair	Medical
Health services	Medical
AARP Smart Driver	Service
Energy Assistance	Service
Renters Rebate	Service
Social Service assistance	Service
Tax Assistance	Service
Bingo	Social
Bridge	Social
MahJongg	Social
Pool / Billiards	Social
Scrabble	Social
Setback	Social

Please check overleaf to add your thoughts on additional activities.