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 <u>number</u> on the list at the page bottom.

2 Brush & Palette Club art 4 Card Making art 4 Swedish Waaving Enrich 4 Coloring for Relaxation art 5 Coloring for Relaxation Enrichment 5 Coloring for Relaxation art 5 Coloring for Relaxation Enrichment 7 Co	<u>Num</u>	Activity	<u>Type</u>	Num	Activity	<u>Type</u>
3 Card Making art 4 Coloring for Relaxation art 42 Vegetarian Cooking Enrich	1	Art & Painting	art	39	Needlework Club	Enrichment
4 Coloring for Relaxation art 5 Canasta cards 6 Cribbage cards 7 Mexican Train cards 8 Nickel-Nickel/Cards cards 9 Pinochle Cards 10 Poker Club cards 11 Texas Holdem Cards 12 Whist Card Party Cards 13 Basics of Diabetes Care 14 Caregivers meeting Care 15 Dental Clinic Care 16 Elder Care Issues Care 17 Hearing Screening Care 18 Low Vision Care 19 Massage by Appt Care 20 Memory Screening Care 21 Naturopathic Medicine Care 22 NURSE (By Appointment) Care 23 Social Dance Dance 24 Square Dancing Dance 25 Tap Dancing Dance 26 Book Club Enrichment 30 Croartie Ventile Main St.	2	Brush & Palette Club	art	40	Photography	Enrichment
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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 50 Cardio Step Exercise 14 Caregivers meeting Care 51 Chair Exercises Exercise 15 Dental Clinic Care 52 Fitness fun Exercise 16 Elder Care Issues Care 53 Gentle Pilates Exercise 17 Hearing Screening Care 55 Latin Rhythm Exercise Exercise 19 Massage by Appt Care 56 Legswork Program Exercise 21 Nutropathic Medicine <	5	Canasta	cards	43	Wildflower Presentation	Enrichment
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24Square DancingDance25Tap DancingDance26Book ClubEnrichment27CeramicsEnrichment28Chair CaningEnrichment29Chocolate MakingEnrichment30Choral GroupEnrichment31Cognition & CreativityEnrichment32Crafty knittersEnrichment33Creative WritingEnrichment34CrochetEnrichment35Current EventsEnrichment36French ClassEnrichment	22	NURSE (By Appointment)	Care	60	Reflexology	Exercise
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33Creative WritingEnrichment71Dinner and CabaretSocial34CrochetEnrichment72MoviesSocial35Current EventsEnrichment73Sports talkSocial36French ClassEnrichment74Veteran's clubSocial	31	Cognition & Creativity	Enrichment	69	Zumba	Exercise
34CrochetEnrichment72MoviesSocial35Current EventsEnrichment73Sports talkSocial36French ClassEnrichment74Veteran's clubSocial	32	Crafty knitters	Enrichment	70	Bocce	Social
35Current EventsEnrichment73Sports talkSocial36French ClassEnrichment74Veteran's clubSocial	33	Creative Writing	Enrichment	71	Dinner and Cabaret	Social
36 French Class Enrichment 74 Veteran's club Social	34	Crochet	Enrichment	72	Movies	Social
	35	Current Events	Enrichment	73	Sports talk	Social
	36	French Class	Enrichment	74	Veteran's club	Social
<u>37 Jewelry Making Enrichment 75 Wii Bowling Social </u>	37	Jewelry Making	Enrichment	75	Wii Bowling	Social
38 Life Story Writing Workshop Enrichment		, ,				

	Please	e cut her	e and retur	n piece bel	ow to Cal	endar House			
	My selected activity <u>NUMBERS</u> are:-								
	A	В	_ C	_ D	E	F			
Please als									

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	Туре
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.