<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>Pickleball @ the Y</td>
<td>9:00 Walking Club Begins</td>
<td>9:00 First Friday Bingo</td>
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<tr>
<td>9:00</td>
<td>AOA Adaptive Yoga @ Angie</td>
<td>9:00 Aqua Fit Class @ AC</td>
<td>9:00 Chair Volleyball</td>
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<tr>
<td>9:00</td>
<td>Silver Sneakers Classic</td>
<td>9:00 Silver Sneakers Classic</td>
<td>9:30 Silver Sneakers Classic</td>
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<tr>
<td>10:00</td>
<td>Silver Sneakers Yoga</td>
<td>10:00 Zumba @ the Y</td>
<td>10:30 Silver Sneakers Circuit</td>
<td>12:00 First Friday Bingo</td>
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<tr>
<td>10:00</td>
<td>Bunco</td>
<td>10:30 Zumba @ the Y</td>
<td>12:00 Z’s &amp; Canasta</td>
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<tr>
<td>10:00</td>
<td>Water Fit @ AC</td>
<td>10:00 Water Fit @ AC</td>
<td>12:00 Hand &amp; Foot</td>
<td>12:30 Chair Volleyball</td>
</tr>
<tr>
<td>10:35</td>
<td>Gentle Yoga @ the Y</td>
<td>10:30 Family Fed</td>
<td>12:30 7’s &amp; Canasta</td>
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<tr>
<td>12:30</td>
<td>Bingo – Hope Hospice</td>
<td>12:30 Silver Sneakers Classic</td>
<td>12:30 Chair Volleyball</td>
<td>1:30 Chair Volleyball</td>
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<tr>
<td>12:30</td>
<td>Line Dancing</td>
<td>12:30 Bingo – City of Cibolo</td>
<td>1:30 Chair Volleyball</td>
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<td>1:15</td>
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<td>12:30 Silver Sneakers Classic</td>
<td>1:30 Chair Volleyball</td>
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<tr>
<td>1:45</td>
<td></td>
<td>12:30 Silver Sneakers Classic</td>
<td>1:30 Chair Volleyball</td>
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</tbody>
</table>

Activities & Classes are subject to change and cancellation. Cards & Games played daily in the Main Area.