

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Today in History L5 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Video Concert Sing along L5 2:30 Pokeno #1 L5 4:00 Pokeno #2 L5 6:30 Netflix Classic Cinema: Molly's Game L5 Canada Day	9:30 Hazelnut Coffee Social L5 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 1:30 Quiz Bowl L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Amazon Docuseries: Ken Burns' American Lives L5	9:30 List 10 Challenge L5 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Open Forum Discussion L5 2:30 Pokeno #1 L5 4:00 Pokeno #2 L5 6:30 Netflix Friday Night Fun Flick: The Music of Silence L5	9:30 Mindfulness Meditation 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Amazon Hollywood Movies: Giant L5 Independence Day (US)
10:00 Wake up, Work Out! #1 L5 10:45 Wake up, Work Out #2 L5 1:30 Jeopardy Challenge 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Men's Movie Night Netflix: The Artist L5	10:00 Stretch and Strengthen #1 L5 10:45 Stretch and Strengthen #2 L5 2:00 Guided Acrylic Paintings on Canvas L5 3:00 Bingo #1L5 4:00 Bingo #2 L5 6:30 Amazon Cinema: The Cowboys L5	10:00 Tone and Condition #1 10:45 Tone and Condition #2 L5 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Netflix Film: West Side Story L5	9:30 Today in History L5 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Video Concert Sing along L5 2:30 Pokeno #1 L5 4:00 Pokeno #2 L5 6:30 Amazon Classic Cinema The Aviator L5	9:30 Hazelnut Coffee Social L5 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 1:30 Quiz Bowl L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Netflix Docuseries: Genius of the Modern World L5	9:30 List 10 Challenge L5 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Open Forum Discussion L5 2:30 Pokeno #1 L5 4:00 Pokeno #2 L5 6:30 Amazon Friday Night Fun Flick: Rio Grande L5	9:30 Mindfulness Meditation 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Netflix Hollywood Movies: Howard's End L5
10:00 Wake up, Work Out! #1 L5 10:45 Wake up, Work Out #2 L5 1:30 Jeopardy Challenge 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Movie Night Amazon: Who's Afraid of Virginia Woolf L5	10:00 Stretch and Strengthen #1 L5 10:45 Stretch and Strengthen #2 L5 2:00 Guided Acrylic Paintings on Canvas L5 3:00 Bingo #1L5 4:00 Bingo #2 L5 6:30 Netflix Film:Jerry Maguire L5	10:00 Tone and Condition #1 10:45 Tone and Condition #2 L5 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Amazon Cinema: Gilda L5	9:30 Today in History L5 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Video Concert Sing along L5 2:30 Pokeno #1 L5 4:00 Pokeno #2 L5 6:30 Netflix Classic Cinema The Pursuit of Hapyness L5	9:30 Hazelnut Coffee Social L5 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 1:30 Quiz Bowl L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Amazon Docuseries: Ken Burns' American Lives L5	9:30 List 10 Challenge L5 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Open Forum Discussion L5 2:30 Pokeno #1 L5 4:00 Pokeno #2 L5 6:30 Netflix Friday Night Fun Flick: The Curious Case of Benjamin Button L5	9:30 Mindfulness Meditation 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Amazon Hollywood Movies: The Wizard of Oz L5
10:00 Wake up, Work Out! #1 L5 10:45 Wake up, Work Out #2 L5 1:30 Jeopardy Challenge 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Men's Movie Night Netflix: 007 Tomorrow never dies L5	10:00 Stretch and Strengthen #1 L5 10:45 Stretch and Strengthen #2 L5 2:00 Guided Acrylic Paintings on Canvas L5 3:00 Bingo #1L5 4:00 Bingo #2 L5 6:30 Amazon Film: Born Yesterday L5	10:00 Tone and Condition #1 10:45 Tone and Condition #2 L5 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Netflix Cinema: Quincy L5	9:30 Today in History L5 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Video Concert Sing along L5 2:30 Pokeno #1 L5 4:00 Pokeno #2 L5 6:30 Amazon Classic Cinema Sunset Boulevard L5	9:30 Hazelnut Coffee Social L5 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 1:30 Quiz Bowl L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Netflix Docuseries: Genius of the Modern World L5	9:30 List 10 Challenge L5 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Open Forum Discussion L5 2:30 Pokeno #1 L5 4:00 Pokeno #2 L5 6:30 Amazon Friday Night Fun Flick: Citizen Kane L5	9:30 Mindfulness Meditation 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Netflix Hollywood Movies: Trumbo L5
10:00 Wake up, Work Out! #1 L5 10:45 Wake up, Work Out #2 L5 1:30 Jeopardy Challenge 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Men's Movie Night Amazon: The Good, The Bad and the Ugly L5	10:00 Stretch and Strengthen #1 L5 10:45 Stretch and Strengthen #2 L5 2:00 Guided Acrylic Paintings on Canvas L5 3:00 Bingo #1L5 4:00 Bingo #2 L5 6:30 Netflix Film: Our Souls at Night L5	10:00 Tone and Condition #1 10:45 Tone and Condition #2 L5 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Amazon Cinema: Modern Times L5	9:30 Today in History L5 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Video Concert Sing along L5 2:30 Pokeno #1 L5 4:00 Pokeno #2 L5 6:30 Netflix Classic Cinema Urban Cowboy L5	9:30 Hazelnut Coffee Social L5 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 1:30 Quiz Bowl L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Amazon Docuseries: Ken Burns' American Lives L5	9:30 List 10 Challenge L5 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Open Forum Discussion L5 2:30 Pokeno #1 L5 4:00 Pokeno #2 L5 6:30 Netflix Friday Night Fun Flick: Pan's Labyrinth L5	