



# Little River Weekly Activities



2017

Mon	Tue	Wed	Thu	Fri
8:30am - 9:00am Coffee Talk	8:30am - 9:00am Coffee Talk	8:30am - 9:00am Coffee Talk	8:30am - 9:00am Coffee Talk	8:30am - 9:00am Coffee Talk
9:30am - 11:15am Games & Quilting	9:30am - 11:15am Games & Quilting	9:30am - 11:15am Games & Quilting	9:30am - 11:15am Games & Quilting	9:30am - 11:15 am Games & Quilting
10:00am - 10:30am AF Exercise Program	10:00am - 10:30am AF Exercise Program	10:30am - 11:00am Devotion	10:00am - 11:00am Tai Chi for Arthritis	10:00 -10:30 am Bingo or AF Exercise
11:30am Congregate Meal	11:30am Congregate Meal	11:30am Congregate Meal	11:30am Congregate Meal	11:30am Congregate Meal

**\*\* 3rd WEDNESDAY OF EACH MONTH - DURHAM CITY LIBRARY - ON SITE**

## Upcoming Activities



- Friday, April 14th, 11:30am to 2:00pm, Annual Hat & Tea Event, DCSL
- Monday, April 17th, 10:00am, Arthritis Presentation
- Tuesday, April 18th, 10:00am, Fraud Presentation

\*If you would like to be a special guest or volunteer at JFK, please contact Durham Center for Senior Life 919-688-8247.