WELCOME TO THE LOWER CAPE SENIOR CENTER

ACTIVITIES
LUNCH
HEALTH AND WELLNESS CLASSES
SHUFFLEBOARD
CARDS
POOL TABLE
SCRABBLE
CONVERSATION
INFORMATION AND REFERRAL SERVICE
COFFER, TEA, COMPANIONSHIP
AND MUCH, MUCH MORE...

2612 Bayshore Road
Villas, NJ
609-886-5161
Open Monday—Friday 9:00am to 4:30pm
LUNCH IS SERVED AT 11:30AM
PLEASE MAKE LUNCH RESERVATIONS 2 DAYS IN ADVANCE
BEFORE 10:00AM
LUNCH DONATION $2.00
IF RIDING WITH FAREFREE WE MUST KNOW 3 DAYS IN
ADVANCE BY 10:00AM

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td></td>
</tr>
<tr>
<td>10:00AM-2:00PM</td>
<td>CERAMICS</td>
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<tr>
<td>10:00AM-11:20AM</td>
<td>POKENO</td>
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<tr>
<td>11:30AM-12:45PM</td>
<td>LUNCH</td>
</tr>
<tr>
<td>12:45PM-1:45PM</td>
<td>YOGA DDPY CHAIR</td>
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<tr>
<td>1:00PM-4:30PM</td>
<td>BRIDGE</td>
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<tr>
<td>2:00PM-4:00PM</td>
<td>BEGINNER COMPUTER CLASS</td>
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<tr>
<td><strong>TUESDAY</strong></td>
<td></td>
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<tr>
<td>10:00AM-2:00PM</td>
<td>CERAMICS</td>
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<tr>
<td>9:30AM-11:30AM</td>
<td>CRAFT CLASS</td>
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<tr>
<td>10:00AM-11:20AM</td>
<td>POKENO</td>
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<tr>
<td>11:30AM-12:45PM</td>
<td>LUNCH</td>
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<tr>
<td>1:00PM-3:30PM</td>
<td>WATER COLOR CLASS</td>
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<td>1:00PM-4:00PM</td>
<td>WOOD CARVING CLASS</td>
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<tr>
<td>1:00PM-2:30PM</td>
<td>CHAIR YOGA</td>
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</tbody>
</table>
WEDNESDAY
CERAMICS 10:00AM-2:00PM
HEALTHY BONES 10:00AM-11:00AM
LUNCH 11:30AM-12:45PM
BINGO 12:45PM-2:00PM
LOOM KNITTING CLASS 2:00PM-4:00PM
YOGA 2:00PM-3:30PM

THURSDAY
BINGO 10:15AM-11:30AM
LUNCH 11:30AM-12:45PM
QUILTING 1:00PM-4:30PM
CHAIR YOGA 1:00PM-2:15PM
TAP/JAZZ/BALLET CLASS 2:00PM-4:00PM
(2ND & 4TH THURSDAY)

FRIDAY
BRIDGE FOR BEGINNERS 10:00AM-12:30PM
BINGO 10:15AM-11:30AM
LUNCH 11:30AM-12:45PM
KNITTING CLASS 1:00PM-3:30PM
MAHJOONGG 1:00PM-4:30PM
THAI CHI 2:00PM-4:00PM
LINE DANCING 1:30PM-3:30PM
(1ST & 3RD FRIDAY)