

# West Chester Activity Center Daily Activities

Open Monday - Friday 9:00 AM – 5:00 PM

513.779.7360 / [www.community-first.org](http://www.community-first.org)

## MONDAY

9:00 – 5:00	Fitness Equipment Billiards Open Computer Lab Puzzles	Fitness Room Grand Lobby Computer Room Lounge
9:30 - 10:15	Silver Sneakers Classic Class (\$)	Recreation Room
9:30 – 12:00	Fitness Equipment Orientation (by Appt.)	Fitness Room
10:30 – 11:00	Fit for Life (\$) ®	Fitness Room
10:30 – 11:45	Chair Volleyball Group Fitness	Recreation Room
12:00 – 12:30	Lunch	Gathering Room
12:30 – 1:30	Bingo (\$)	Lounge
12:30 – 3:00	Mah Jongg	Grand Lobby
12:30 – 2:00	Table Tennis	Grand Lobby
12:30 – 3:00	Corn Hole	Recreation Room
1:00 – 3:30	Bid Euchre	Gathering Room
1:30 – 2:30	Chair Volleyball Team Practice	Recreation Room

## TUESDAY

9:00 – 5:00	Fitness Equipment Billiards Table Tennis Open Computer Lab Puzzles	Fitness Room Grand Lobby Grand Lobby Computer Room Lounge
9:30 – 10:15	Silver Sneakers Yoga (\$)	Fitness Room
10:00 – 3:00	Hand & Foot (Canasta), Pay Me	Gathering Room Gathering Room
10:30 – 11:45	Chair Volleyball Group Fitness	Recreation Room
12:00 – 12:30	Lunch	Gathering Room
12:00 – 3:00	Party Bridge	Grand Lobby
12:30 – 3:00	Penny Poker	Gathering Room

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## WEDNESDAY

9:00 – 5:00	Fitness Equipment Billiards Table Tennis Open Computer Lab Puzzles	Fitness Room Grand Lobby Grand Lobby Computer Room Lounge
9:30 – 10:15	Silver Sneakers Classic Class (\$)	Recreation Room
9:30 – 11:15	Fitness Equipment Orientation (by appt.)	Fitness Room
10:00 – 10:30	Walk “LIVE” (\$) ®	Community Room
10:30 – 11:00	Fit for Life (\$) ®	Fitness Room
10:30 – 11:45	Chair Volleyball Group Fitness	Recreation Room
12:00 – 12:30	Lunch	Gathering Room
12:30 – 3:00	Corn Hole	Recreation Room
1:00 - 3:30	Euchre	Grand Lobby
1:00 - 3:00	500	Grand Lobby

## THURSDAY

9:00 – 5:00	Fitness Equipment Billiards Table Tennis Open Computer Lab Puzzles	Fitness Room Grand Lobby Grand Lobby Computer Room Lounge
9:30 – 10:15	Chair Yoga	Community Room
10:00 – 2:30	Hand & Foot (Canasta)	Gathering Room
10:00 – 2:30	Pay Me	Gathering Room
10:30 – 11:45	Chair Volleyball Group Fitness	Recreation Room
12:00 – 12:30	Lunch	Gathering Room
12:00 – 3:00	Party Bridge	Grand Lobby
12:30 – 1:30	Chair Volleyball Team Practice	Recreation Room
12:30 – 3:00	Penny Poker	Gathering Room
12:30 – 3:00	Single Hand Pinochle	Lounge
12:30 – 3:00	Mah Jongg	Grand Lobby

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## FRIDAY

9:00 – 5:00	Fitness Equipment Billiards Table Tennis Open Computer Lab Puzzles	Fitness Room Grand Lobby Grand Lobby Computer Room Lounge
9:30 – 10:15	Silver Sneakers Classic Class	Recreation Room
10:00 – 11:45	Pokeeno(1 <sup>st</sup> , 3 <sup>rd</sup> , \$, 12 Player min. needed)	Activity Area
10:30 – 11:45	Chair Volleyball Group Fitness	Recreation Room
10:30 – 12:00	Book Club (2 <sup>nd</sup> )	Lounge
12:00 – 12:30	Lunch	
12:30 – 3:00	Corn Hole	Recreation Room
12:30 – 3:30	Hearts	Gathering Room
1:00 – 3:30	Double Hand Pinochle	Grand Lobby

\$ = fee

® = advanced registration

1-4-18