

Friendship House Recurring Activities

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>
10:00 a.m. – 11:00 a.m. Bible Study	10:00 a.m. – 11:00 a.m. Current Events	10:00 a.m. – 11:00 a.m. Senior Moves	10:00 a.m. – 11:00 a.m. Choir Rehearsal	10:00 a.m. – 11:00 a.m. Bingo
11:00 a.m. – 12:00 noon Lunch	11:00 a.m. – 12:00 noon Lunch	11:00 a.m. – 12:00 noon Lunch	11:00 a.m. – 12:00 noon Lunch	11:00 a.m. – 12:00 noon Lunch
12:00 noon – 1:00 p.m. Ancestry Class		12:00 noon – 1:00 p.m. Arts & Crafts	12:00 noon – 1:00 p.m. Arts & Crafts	

MONTHLY ACTIVITIES AT 12:00 NOON

1 st Tuesday	In-Touch Health Care
1 st Friday	First Atlantic Health Care Blood Pressure & Glucose Testing
2 nd Wednesday	Laura Campos "Nutrition"
3 rd Tuesday	Standards Home Health
4 th Tuesday	First Atlantic Health Care