

# THE DELANEY® AT THE VALE

# Calendar of Events

# MONDAY

# 10:15 AM

Exercise Class: Seated Tai Chi, Core Fit

#### 1:00 PM

Delaney Steppers, Walking Club, Lobby

#### 1:30 PM

Monday Movie Matinee, Mystic Theater

# 3:15 PM

Mahjong Madness, Pub 1640

# 4:00 PM

Happy Hour and Trivia, Pub 1640

#### 7:00 PM

Monday Night Football, Mystic Theater

# **TUESDAY**

#### 9:15 AM

Coffee Club and Current Events, Gelly Bistro

# 10:15 AM

Exercise Class: Cardi Drumming, Core Fit

#### 1:00 PM

Delaney Steppers, Walking Club, Lobby

#### 1:30 PM

Tuesday Travel Club/ Documentaries, Mystic Theater

# 3:15 PM

Tuesday Table Games, Pub 1640

#### 4:00 PM

Happy Hour and Trivia, Pub 1640

# WEDNESDAY

#### 10:00 AM

Financial Matters Bank Trip, Meet in Lobby

# 12:00 PM

Out and About, Grocery Stores, Meet in Lobby

#### 1:30 PM

Guest Speaker and Discussion, Mystic Theater

# 3:15 PM

Krafting Together, Kraft Room

#### 4:00 PM

Dining Out, Meet in Lobby

# 6:00 PM

Rom Com and Wine Wednesday, Mystic Theater

# THURSDAY

# 9:00 AM

Games Galore, Gelly Bistro

# 10:15 AM

Exercise Class: Seated Yoga, Core Fit

#### 1:00 PM

Delaney Steppers, Walking Club, Lobby

# 1:30 PM

Movie Matinee, Mystic Theater

# 3:15 PM

Kraft Club, Kraft Room

# 4:00 PM

Happy Hour and Trivia, Pub 1640

# 6:00 PM

Rock 'n' Roll Bingo, Delaney Room

# FRIDAY

#### 9:00 AM

Coffee and Current Events, Gelly Bistro

#### 10:15 AM

Exercise Class: Seated Yoga, Core Fit

#### 1:00 PM

Delaney Steppers, Walking Club, Lobby

# 1:30 PM

Movie Matinee, Mystic Theater

#### 3:00 PM

Live Entertainment, Celtic Harpist , Pub 1640

# 4:00 PM

Happy Hour, Pub 1640

#### 6:00 PM

Night at the Oscars, Mystic Theater

# SATURDAY

# 9:00 AM

Open Art, Kraft Room

#### 10:15 AM

Exercise Class: Seated Yoga, Core Fit

#### 10:30 AM

Scenic Adventures, Gloucester Lunch, Meet in Lobby

#### 11:00 AM

Delaney Steppers, Walking Club, Lobby

#### 1:30 PM

Saturday Science, Gelly Bistro

#### 3:00 PM

Scrabble Tournament, Delaney Room

# SUNDAY

#### 9:00 AM

Church Coach Service\*

#### 11:00 AM

Sooth Your Soul, (Inspirational Self-Study)

#### 1:00 PM

Left, Center, Right (LCR) Dice Game, Gelly Bistro

# 3:30 PM

Living Through Loss Support Group Meeting, Mystic Theater