

West Chester Activity Center prime club Daily Activities
Open Monday – Friday 9:00 AM – 8:00 PM
513.779.7360 / www.WestChesterActivityCenter.org

* denotes activity will occur if enough players available

MONDAY

9:00 – 8:00	Fitness Equipment Billiards * Table Tennis * Open Computer Lab Puzzles Wii Games Foosball *	Fitness Room Grand Lobby Grand Lobby Virtual Game Room Lounge Virtual Game Room Virtual Game Room
9:30 – 10:15	Ball & Band Class (\$)®	Fitness Room
10:00 – 10:30	Prime Pacers	Grand Lobby
10:00 – 11:30	Current Events	Gathering Room
10:00 – 8:00	Various Card Games *	Gathering Room
10:30 – 11:00	Fit for Life (\$) ®	Fitness Room
10:30 – 11:45	Senior Chair Volleyball	Recreation Room
12:00 – 12:30	Lunch	Gathering Room
12:30 – 1:30	Bingo (\$)	Recreation Room
12:30 – 8:00	Corn Hole *	Recreation Room
1:00 – 2:00	Adeline Dancers (\$) begins Mar 5	Community Room
1:30 – 2:30	Senior Team Volleyball Practice	Recreation Room
12:30 – 4:00	Mah Jongg	Gathering Room
3:00 – 4:00	Bible Study (3 rd)	Community Room
6:00 – 7:00	Zumba (\$) ®	Recreation Room
7:00 – 8:00	Boot Camp – LEAN (\$) ®	Fitness Room

TUESDAY

9:00 – 8:00	Fitness Equipment Billiards * Table Tennis * Open Computer Lab Puzzles Wii Games Foosball *	Fitness Room Grand Lobby Grand Lobby Virtual Game Room Lounge Virtual Game Room Virtual Game Room
9:30 – 10:30	Nia (\$) ®	Community Room
10:00 – 10:30	Prime Pacers	Grand Lobby
10:00 – 11:00	Blood Pressure Clinic (2 nd)	Grand Lobby
10:00 – 11:30	Current Events	Gathering Room
10:00 – 2:00	Healing Touch (by appointment) (\$)	Therapy Room
10:00 – 8:00	Various Card Games *	Gathering Room
10:30 – 11:45	Senior Chair Volleyball	Recreation Room
10:45 – 11:30	Yoga (\$) ®	Community Room
12:00 – 12:30	Lunch	Gathering Room
12:30 – 8:00	Corn Hole *	Recreation Room

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TUESDAY

12:30 – 2:30	Massage Therapy (3 rd) (\$) ®	Therapy Room
1:00 – 3:00	Bridge	Gathering Room
	Penny Poker	Gathering Room

WEDNESDAY

9:00 – 8:00	Fitness Equipment Billiards * Table Tennis * Open Computer Lab Puzzles Wii Games Foosball *	Fitness Room Grand Lobby Grand Lobby Virtual Game Room Lounge Virtual Game Room Virtual Game Room
9:30 – 10:15	Stability Ball (\$) ®	Fitness Room
10:00 – 10:30	Prime Pacers	Grand Lobby
10:00 – 11:30	Current Events	Gathering Room
10:00 – 8:00	Various Card Games *	Gathering Room
10:30 – 11:00	Fit for Life (\$) ®	Fitness Room
10:30 – 11:45	Senior Chair Volleyball	Recreation Room
11:30 – 2:00	Ortho-Bionomy (1 st & 3 rd) (\$) ®	Therapy Room
12:00 – 12:30	Lunch	Gathering Room
12:30 – 1:30	Companions on a Journey – (2 nd & 4 th)	Kitchen/Storage Room
12:30 – 8:00	Corn Hole *	Community Room
1:00 – 3:00	Euchre	Gathering Room
1:30 – 2:30	Veteran’s Group (last)	Family Lounge
5:00 – 6:00	Family Self Defense (\$) ®	Fitness Room
6:00 – 7:00	Coresolid / Pilates (\$) ®	Fitness Room
6:00 – 9:00	Ballroom Dancing (\$)	Recreation Room

THURSDAY

9:00 – 8:00	Fitness Equipment Billiards * Table Tennis * Open Computer Lab Puzzles Wii Games Foosball *	Fitness Room Grand Lobby Grand Lobby Virtual Game Room Lounge Virtual Game Room Virtual Game Room
9:15 – 10:00	Tai Chi Play (\$) ®	Fitness Room
10:00 – 10:30	Prime Pacers	Grand Lobby
10:00 – 11:30	Balance Exercise Class (\$) ®	Fitness Room
10:00 – 8:00	Current Events	Gathering Room
10:00 – 8:00	Various Card Games *	Gathering Room
10:30 – 11:45	Senior Chair Volleyball	Recreation Room

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THURSDAY

11:00 – 11:45	Zoga (\$) ®	Community Room
11:00 – 12:00	Blood Glucose Clinic (1 st) Blood Pressure Clinic (1 st ,2 nd ,3 rd ,4 th)	Grand Lobby Grand Lobby
12:00 – 12:30	Lunch	Gathering Room
12:30 – 1:30	Senior Team Volleyball Practice	Recreation Room
12:30 – 4:00	Mah Jongg	Gathering Room
12:30 – 8:00	Corn Hole *	Recreation Room
1:00 – 3:00	Bridge	Gathering Room
	Penny Poker	Gathering Room
7:00 – 9:00	West Chester Symphony	Recreation Room

FRIDAY

9:00 – 8:00	Fitness Equipment Billiards * Table Tennis * Open Computer Lab Puzzles Wii Games Foosball *	Fitness Room Grand Lobby Grand Lobby Virtual Game Room Lounge Virtual Game Room Virtual Game Room
10:00- 10:30	Prime Pacers	Lounge
10:00 – 11:30	Current Events	Gathering Room
10:00 – 8:00	Various Card Games *	Gathering Room
10:30 – 11:45	Senior Chair Volleyball	Recreation Room
12:00 – 12:30	Lunch	Gathering Room
12:30 – 1:30	Bingo (1 st ,2 nd ,3 rd) (\$) Bunko (last) (\$) Adeline Dancers (\$)	Recreation Room Recreation Room Community Room
12:30 – 2:00	Corn Hole *	Recreation Room
1:00 – 3:00	Reiki (2 nd & 4 th) (\$) ®	Therapy Room

\$ = fee

® = advanced registration