

# LILA Peer Support Club

Daily: 11 to 11:30am Meditation and/or Yoga Time

## Weekly Activities

### Monday

12 pm Chair Aerobics  
2 pm Ted Talks with Discussion  
3pm Walking Group

### Tuesday

12 pm Wii Fitness Group  
1 pm Game Time (Board Games)  
3 pm Knit Wits (Knitting group)

### Wednesday

12pm Game Time (Video Games)  
1 pm Arts and Crafts  
3 pm BINGO

### Thursday

12pm Meditation Group  
2 pm Cooking Class  
3 pm Writing group

### Friday

12 pm Gentle Yoga  
1 pm Jewelry Making  
2pm Music Group with 'We the Ensemble'  
3 pm Rockin' Karaoke

\*\*\*We always have craft supplies, video streaming capability, open art projects, puzzles, table tennis, computers, and other great activities available at all times\*\*\*

- **NOTE:**
  - 1st Tuesday - Staff Meeting 1:00 – 3:00 ... CLUB CLOSED for 2 hours
  - 3rd Tuesday - Member Meeting 2:00 – 3:00 ... ALL members welcome