

DAILY BC METS ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:30a National Coloring Book Day	4 10:30a Card Games	5 10:30a Bingo	6 10:30a Tile Games 1:00p Craft: Candles	7 10:30a Gardening Group
10 10:30a Water Treatment Tour	11 10:30a Card Games 10:30a Learn Mahjong w/Jill	12 10:30a Bingo	13 10:30a Learn Latin Moves	14 10:30a Topic Tours: Dopamine & the Brain
17 NO PROGRAMMING	18 11:30a Lunch Bunch at Longhorn	19 10:30a Bingo	20 10:30a Card Games 1:00p Book Club	21 10:30a Watercolor Painting
24 10:30a Tile Games 11:30a Lunch & a Movie	25 10:30a Card Games 10:30a Learn Mahjong w/Jill	26 10:30a Bingo	27 10:30a Team Games 1:00p Sewing & Storytelling	28 11:30a Summer Potluck
31 10:30a Indoor Lawn Games				

 **REQUIRES
RESERVATION**

WEEKLY BC METS FITNESS CLASSES

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
9:30a Chair Pilates 1:00p Fit-4-Life 1:00p WaterX	9:30a Chair Yoga 1:00p Fit-4-Life	9:30a Chair Pilates 1:00p Fit-4-Life 1:00p WaterX	9:30a Chair Yoga 1:00p Fit-4-Life	9:30a Chair Groove 1:00p Fit-4-Life

 **MEETING ROOMS**  **STUDIO**  **SENDERO SPRINGS POOL**



REQUIRES BC METS PROGRAM PASS OR DAY PASS
VISIT [BCMUD.ORG/BCMETS](https://www.bcmud.org/bcmets) FOR DETAILS
QUESTIONS OR TO RSVP: EMAIL MAURA MORROW AT
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