



Village Mosaic's Weekly Programming

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 am	<p>Qi Gong</p> <p>Qi Gong (similar to Tai Chi) is a gentle exercise that is accessible to seniors of all ages and all levels of physical fitness.</p>	<p>Move to Music: A Gentle Exercise</p> <p>This series of movements, of varying intensity, is aimed at promoting balance and mobility as we age.</p>	<p>Computer Room</p> <p>Volunteer assistance to help answer your computer questions is available on Wednesday from 10am-12pm.</p>	<p>Move to Music: A Gentle Exercise</p> <p>An enjoyable seated program with gentle limb and body movement.</p>	<p>Move to Music: Be Upstanding</p> <p>A vigorous and fun activity program, combining dance and exercise movements.</p>
1:00 pm	<p>Special activities or programs may be scheduled for a Monday afternoon.</p> <p>.....</p> <p>All programs are followed by a 'coffee break' to extend the social aspect of the programs.</p>	<p>Crafters' Corner</p> <p>Fostering creativity through arts, crafts, and inspiring music.</p>	<p>Theme Program</p> <p>We have get-togethers to: observe special annual celebrations, take in informational seminars and facilitate thought-provoking programming on spiritual or ethical themes. Please call us for information on this week's event.</p>	<p>Cards</p> <p>Depending on the turnout, there might be a variety of card games, including bridge and euchre.</p>	<p>Movie Program</p> <p>A variety of movies from golden oldies to some of the newest are screened. Our members enjoy the viewings and also the discussion that follows.</p>

