

PLUMMER PLACE

Weekly Programs 2024

MONDAY	CHAIR DRUMMING 9:00	PITCH LEAGUE 9:00	TAI CHI 11:00	CRIBBAGE LEAGUE 12:30	MAHJONG 1:00	AQUA EXERCISE 1:30 @ Whitin Gym	
TUESDAY	SHUFFLEBOARD 9:00	PAINTING 10:00	MUSCLE MIX 11:00	PLUMMER PLACE CAFÉ 12:00	POKENO 12:30	BRIDGE 12:30	
WEDNESDAY	WOMEN ON THE MOVE (2nd Wednesday) 9:30	LOW IMPACT AEROBICS 10:00	BLACKSTONE VALLEY STRUMMERS 10:00	BOOK CLUB (3RD WEDS) 10:30	UKULELE CLASS 2:00	TAP CLASS 2:30	
THURSDAY	MEDITATION 9:30	CHAIR YOGA 11:15	PLUMMER PLACE CAFÉ 12:00	MAHJONG 12:30			
FRIDAY	STRETCH & STRENGTHEN 9:00	DULL MEN'S CLUB (1 ST FRIDAY) 9:30					PLEASE NOTE: BILLIARD ROOM IS OPEN DAILY