

BALLARD GREEN ACTIVITIES



HAIRCUTS – MONTHLY

The beautician generally comes the last Wednesday of Each month at 1:00 p.m. Sign up sheet is on the bulletin board near back door.



BINGO – WEEKLY

Bingo is played most Fridays at 1:00 p.m. Dessert is offered. Come, meet some new people and have some fun!



YOGA – WEEKLY

YOGA is held weekly. The schedule is organized by the teacher. Right now it is on Tuesdays at 10:30-11:30 a.m. **It is a pleasant and relaxing experience and the work is age and ability appropriate.** So, don't be afraid to try.



VITALITY – WEEKLY

Vitality is a **LIGHT** exercise program that meets in Bergquist Hall (Community Room) each Monday and Wednesday 10:00 to 11:00 a.m.



NEW MOVIES – WEEKLY

Shown each Thursday at 1:00 p.m. Titles will be posted on the Bulletin Boards.



BLOOD PRESSURE READINGS

The **FIRST** Monday of each month is Blood Pressure Screening Day. It is at 10:00 a.m. the main building. Come early, nurses leave after the last person is finished.

The Food Pantry has been discontinued due to lack of interest.