

### DAILY BC METS ACTIVITIES

| MONDAY                                            | TUESDAY                                                | WEDNESDAY                              | THURSDAY                                               | FRIDAY                                        |
|---------------------------------------------------|--------------------------------------------------------|----------------------------------------|--------------------------------------------------------|-----------------------------------------------|
|                                                   | 1<br>10:30a Card Games                                 | 2<br>10:30a Bingo                      | 3<br>10:30a Tile Games                                 | 4<br>10:30a Gardening Group                   |
| 7<br>LABOR DAY                                    | 8<br>10:30a Card Games<br>10:30a Learn Mahjong w/Jill  | 9<br>10:30a Bingo                      | 10<br>10:30a Learn Latin Moves<br>1:00p Craft: Rocks   | 11<br>10:30a Topic Tours: Art of Home Cooking |
| 14<br>10:30a Movement for Life w/Mark Brown       | 15<br>11:30a Lunch Bunch at Santiago's                 | 16<br>8:30a Pickleball<br>10:30a Bingo | 17<br>10:30a Tile Games<br>1:00p Book Club             | 18<br>10:30a Phone Tech Answers w/CJ          |
| 21<br>10:30a Tile Games<br>11:30a Lunch & a Movie | 22<br>10:30a Card Games<br>10:30a Learn Mahjong w/Jill | 23<br>10:30a Bingo                     | 24<br>10:30a Team Games<br>1:00p Sewing & Storytelling | 25<br>10:30a Card & Tile Games                |
| 28<br>10:30a Neurographic Art                     | 29<br>10:30a Card Games<br>1:00p Book Talk             | 30<br>10:30a Bingo                     |                                                        |                                               |

 REQUIRES RESERVATION

### WEEKLY BC METS FITNESS CLASSES

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

 MEETING ROOMS  STUDIO  SENDERO SPRINGS POOL



REQUIRES BC METS PROGRAM PASS OR DAY PASS  
VISIT [BCMUD.ORG/BCMETS](http://BCMUD.ORG/BCMETS) FOR DETAILS  
QUESTIONS OR TO RSVP: EMAIL MAURA MORROW AT  
[M.MORROW@BCMUD.ORG](mailto:M.MORROW@BCMUD.ORG)