

WEEKLY ACTIVITY SCHEDULE

MONDAY

9:30am Geri-Fit
11:30am Lunch
1:00pm Mah Jongg
1:30pm Cardio Dance
3:00pm Parkinson's Ex (Bronze) \$

TUESDAY

8:30am Classic Mat Pilates **R**
9:00am Pinochle Group
9:00am TRX
9:30am Intensity Training
10:00am Acrylic Painting
10:15am Bridge for Beginners
10:30am Bible Study **Z**
11:30am Lunch
12:30pm Sleep Mats
2:00pm Cardio Drumming

WEDNESDAY

9:30am Geri-Fit
10:00am Crafts
10:30am Line Dancing (Int)
11:30am Lunch
12:30pm Acrylic Painting
1:00pm Bridge Club
2:00pm Yoga Stretch \$

THURSDAY

9:30am Circuit Training
10:00am Bingo (50¢/card) \$
11:30am Lunch
12:30pm Pinochle Group
1:00pm Oil Painting
1:30pm Cardio Dance

FRIDAY

10:30am Line Dancing (Beg)
11:30am Lunch
2:00pm Chair Yoga \$

Center Hours:

Monday-Friday

8:00am-4:00pm

Closed Saturday & Sunday

Symbol Legend:

\$ = Fee Associated

R = Advanced
Registration
Required

N = New
Program/Time

Z = Zoom +
In-Person

Schedule Subject to Change