WEEKLY ACTIVITY SCHEDULE

MONDAY
9:00am Yoga $ Z	10:00am Silver Samurai $	12:30pm Crafts
9:00am Tai Chi Forms $	10:00am Card Making	1:00pm Mah Jongg
9:30am HKF Canasta	12:30pm Chair Yoga $ Z	6:30pm Music Jam

TUESDAY
9:00am Boxing	10:15am GeriFit	2:30pm Fit & Strong
9:30am Bridge	1:00pm Pinochle	6:30pm Square Dancing
10:00am Technology	1:00pm Silver Paddles	

WEDNESDAY
9:00am Yoga $ Z	10:30am Chair Yoga $ Z	12:30pm Jewelry
9:00am Tai Chi Forms $	10:30am Watercolor $	1:00pm Tai Chi $
10:00am Silver Samurai $	12:15pm Bible Study	

THURSDAY
9:00am Boxing $	10:00am Zumba Gold $	11:30am Beg. Line Dance
9:00am Adv. German Z	10:00am Bible Study Z	1:00pm Int. Line Dance
9:30am Knit & Chain Gang	10:15pm GeriFit	1:00pm Mah Jongg

FRIDAY
9:00am Yoga $ Z	10:30am Chair Yoga $ Z	2:30pm Fit & Strong
9:30am HKF Canasta	2:00pm Hand Drumming	

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

MONTHLY ACTIVITY SCHEDULE

MONDAY	**1:00am 3rd Monday of Each Month- Stroke Support Group**
TUESDAY	**10:00am 2nd Tuesday of Each Month- Parkinson's Support Group Z** **11:15am 2nd Tuesday of Each Month- Blood Pressure Checks by Liberty**
WEDNESDAY	**10:00am 4th Wednesday of Each Month- Caregiver Support Group**
THURSDAY	**5:30pm-8:00pm September 7th through October 19th- Shag Dance Lessons through Parks and Recreation**
FRIDAY	**1:00pm 2nd and 4th Fridays- Photography Club**