

# WEEKLY ACTIVITY SCHEDULE

## MONDAY

10:00am Body/Core/Strength **Z**  
 10:00am Iris Paper Folding **\$**  
 10:30am Tai Chi

12:00pm Quilt Together **N**  
 12:30pm Bible Study

## TUESDAY

9:00am Gerifit **N**  
 9:30am Crochet  
 10:00am Geri-fit

11:00am Tabata  
 12:30pm Sew What?  
 12:30pm Bingo **\$**

## WEDNESDAY

10:00 Watercolor Painting  
 10:00am Pilates **Z**  
 10:00am Hand Drumming (2nd & 4th)  
 10:00am Watercolor Painting

5:30pm Yoga (1st & 3rd)  
 5:30pm Body/Core/Strength (2nd & 4th)  
 5:30pm Family Anonymous Meeting

## THURSDAY

9:00am Gerifit **N**  
 10:00am Rug Hooking  
 10:00am Geri-fit

11:00am Tabata  
 12:30pm Chair Volleyball

## FRIDAY

9:30am Chair Yoga  
 10:30am Active Stretch

### Center Hours:

Monday, Tuesday &  
 Thursday: 8am-4pm  
 Wednesday: 8am-7pm  
 Friday: 8am-1pm  
*Closed Saturday & Sunday*

### Symbol Legend:

**\$** = Fee Associated

**R** = Advanced  
 Registration  
 Required

**N** = New  
 Program/Time

**Z** = Zoom +  
 In-Person

*Schedule Subject to Change*