

# 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 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*