

WEEKLY ACTIVITY SCHEDULE

MONDAY

8:30am Core, Floor
 9:00am 20/20/20
 10:00am Chorus Group
 10:15 Core, Strength & Balance
11:45am Lunch
12:30pm Mah Jongg
 12:30pm Crafts
 1:30pm Tai Ch

TUESDAY

9:00am Zumba GOLD
10:00am Card Games
10:15am Strength & Tone
 11:45 am Lunch
 12:30pm Knit & Crochet
 1:15 pm GeriFit

WEDNESDAY

8:30am Core Floor & More
 9:00am 20/20/20
10:30am BINGO \$
 10:30am Int. Dulcimer
11:45am Lunch
12:30pm Beg. Mah Jongg **R**
1:15pm Ageless Grace \$

THURSDAY

8:45am Strength & Tone
9:00am Card Games
10:00am Gentle Yoga
10:00am Trivia
11:45am Lunch
12:30pm Painter's Group
12:30pm MahJongg
1:15pm Geri-Fit

FRIDAY

9:00 am **Z** Virtual At home Awesome Abs
9:00am Open Art
10:15am BINGO \$
11:45am Lunch
1:00pm Beg. Line Dancing
2:00pm Int. Line Dancing

Center Hours:

Monday-Friday

7:00am-3:00pm

Closed Saturday & Sunday

Symbol Legend:

\$ = Fee Associated

R = Advanced
Registration
Required

N = New
Program/Time

Z = Zoom +
In-Person

Schedule Subject to Change