

WEEKLY ACTIVITY SCHEDULE

MONDAY

10:00am Body/Core/Strength **Z**
10:00am Iris Paper Folding **\$** (Restarts January 22)
10:30am Tai Chi
12:00pm Quilt Together
12:30pm Bible Study

TUESDAY

9:00am Geri-fit
9:30am Crochet/Knitting
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 (No Watercolor until January 24)
5:30pm Yoga (1st & 3rd)
 5:30pm Family Anonymous Meeting

THURSDAY

9:00am Geri-fit
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

WEEKLY ACTIVITY SCHEDULE

MONDAY

10:30 1st Monday of the Month-Talk with Tikilia

TUESDAY

10:00 3rd Tuesday of the Month - Blood Pressure Check

WEDNESDAY

10:00 2nd & 4th Wednesday - Hand Drumming (No Hand Drumming in January)
12:30 2nd & 4th Wednesday - Make & Take w/ Emma Lou

THURSDAY

10:00 2nd Thursday - Caregiver Support Group

FRIDAY

12:00 2nd Friday - Aging Resources w/ Tikila
12:00 Last Friday of the Month - Monthly Birthday Celebration

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