

# WEEKLY ACTIVITY SCHEDULE

## MONDAY

**9:30am** Geri-Fit  
**11:30am** Lunch  
**1:00pm** Mah Jongg  
**1:00pm** Men's Shed Meeting  
**1:30pm** Cardio Dance  
**3:00pm** Parkinson's Ex (Bronze) \$

## TUESDAY

**8:30am** Classic Mat Pilates **R**  
**9:00am** TRX  
**9:30am** Intensity Training  
**10:00am** Acrylic Painting  
**10:15am** Bridge for Beginners  
**10:30am** Bible Study **Z**  
**11:30am** Lunch  
**12:30pm** Sleep Mats  
**1:00pm** Tech Tuesday  
**2:00pm** Pinochle  
**2:00pm** Cardio Drumming

## WEDNESDAY

**9:30am** Geri-Fit  
**10:00am** Crafts  
**10:30am** Line Dancing (Int)  
**11:30am** Lunch  
**12:30pm** Acrylic Painting  
**1:00pm** Bridge Club  
**2:00pm** Yoga Stretch \$

## THURSDAY

**9:30am** Circuit Training  
**10:00am** Bingo (50¢/card) \$  
**11:30am** Lunch  
**12:30pm** Pinochle Group  
**1:00pm** Painting  
**1:30pm** Cardio Dance

## FRIDAY

**10:30am** Line Dancing (Beg)  
**11:30am** Lunch  
**2:00pm** Chair Yoga \$

## 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*