

# WEEKLY ACTIVITY SCHEDULE

## MONDAY

9:00am Yoga \$ Z	10:00am Silver Samurai \$	12:30pm Crafts
9:00am Tai Chi Forms \$	10:00am Card Making	1:00pm Mah Jongg
9:30am HKF Canasta	10:30am Chair Yoga \$ Z	6:30pm Music Jam

## TUESDAY

9:00am Boxing	10:15am GeriFit	2:30pm Fit & Strong
9:30am Bridge	1:00pm Pinochle	6:30pm Square
10:00am Technology	1:00pm Silver Paddles	Dancing

## WEDNESDAY

9:00am Yoga \$ Z	10:30am Chair Yoga \$ Z	12:30pm Jewelry
9:00am Tai Chi Forms \$	10:30am Watercolor \$	1:00pm Tai Chi \$
10:00am Silver Samurai \$	12:15pm Bible Study	

## THURSDAY

9:00am Boxing \$	10:00am Zumba Gold\$	11:30am Beg. Line Dance
9:00am Adv. German Z	10:00am Bible StudyZ	1:00pm Int. Line Dance
9:30am Knit & Chain Gang	10:15pm GeriFit	1:00pm Mah Jongg

## FRIDAY

9:00am Yoga \$ Z	10:30am Chair Yoga \$ Z	2:30pm Fit & Strong
9:30am HKF Canasta	2:00pm Hand Drumming	

### 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*