

WEEKLY ACTIVITY SCHEDULE

MONDAY

9:30am Geri-Fit **1:00pm** Men's Shed Meeting **3:00pm** Parkinson's Ex \$
10:30am Chair Volleyball **1:00pm** Mah Jongg
11:30am Lunch **1:30pm** Cardio Dance

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

10:00am Tech Help **11:30am** Lunch
10:30am Line Dancing (Beg) **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