

WEEKLY ACTIVITY SCHEDULE

MONDAY

8:30am Core, Floor, & More **10:15am** Core, Strength, & Balance (**Start Date 4/1**)
9:00am 20/20/20 **11:45am** Lunch **12:30pm** Crafts with Linda **R**
10:00am Chorus Group **12:30pm** Mah Jongg **1:30pm** Tai Chi

TUESDAY

9:00am Zumba GOLD **10:30am** Basic Beg. Dulcimer **R** **12:45pm** GeriFit
10:00am Card Games **11:45am** Lunch **2:00pm** Geri-Fit
10:15am Strength & Tone **12:30pm** Knit & Crochet

WEDNESDAY

8:30am Core, Floor, & More **10:30am** Int. Dulcimer **R** **12:30pm** Beg. Mah Jongg **R**
9:00am 20/20/20 **11:45am** Lunch
10:30am BINGO 50¢/card **12:30pm** Hand and Foot Card Games

THURSDAY

8:45am Strength & Tone **10:00am** Trivia **12:30pm** MahJongg
9:00am Card Games **11:45am** Lunch **12:45pm** Geri-Fit
10:00am Gentle Yoga **12:30pm** Painter's Group **2:00pm** Geri-Fit

FRIDAY

9:00am Virtual at Home (Awesome Abs) **1:00pm** Beg. Line Dancing
10:15am BINGO 50¢/card **2:00pm** Int. Line Dancing
11:45am Lunch

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