

# WEEKLY ACTIVITY SCHEDULE

## MONDAY

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

## TUESDAY

**9:00am** Gerifit  
**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)  
**5:30pm** Yoga (1st & 3rd)  
**5:30pm** Tai Chi (2nd & 4th) **\$**  
 5:30pm Family Anonymous

## THURSDAY

**9:00am** Gerifit  
**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  
12:30 2nd & 4th Wednesday - Make & Take w/ Emma Lou  
1:00 Jam Session (1st & 3rd)

## THURSDAY

10:00 2nd Thursday - Caregiver Support Group  
10:00 2nd Thursday-Hired Hands Band

## FRIDAY

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

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