

WEEKLY ACTIVITY SCHEDULE

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|-----------|---|
| MONDAY | <div>9:00am Yoga \$ Z</div> <div>9:00am Tai Chi Forms \$</div> <div>9:30am HKF Canasta</div> <div>10:00am Silver Samurai \$</div> <div>10:00am Card Making</div> <div>10:30am Chair Yoga \$ Z</div> <div>12:30pm Crafts</div> <div>1:00pm Mah Jongg</div> <div>6:30pm Music Jam</div> |
| TUESDAY | <div>9:00am Boxing</div> <div>9:30am Bridge</div> <div>10:00am Technology</div> <div>10:15am GeriFit</div> <div>1:00pm Pinochle</div> <div>1:00pm Silver Paddles</div> <div>2:30pm Fit & Strong</div> <div>6:30pm Square Dancing</div> |
| WEDNESDAY | <div>9:00am Yoga \$ Z</div> <div>9:00am Tai Chi Forms \$</div> <div>10:00am Silver Samurai \$</div> <div>10:30am Chair Yoga \$ Z</div> <div>10:30am Art Smart \$</div> <div>12:15pm Bible Study</div> <div>12:30pm Jewelry</div> <div>1:00pm Tai Chi \$</div> |
| THURSDAY | <div>9:00am Boxing \$</div> <div>9:00am Adv. German Z</div> <div>9:30am Knit & Chain Gang</div> <div>10:00am Zumba Gold\$</div> <div>10:00am Bible StudyZ</div> <div>10:15pm GeriFit</div> <div>11:30am Beg. Line Dance</div> <div>1:00pm Int. Line Dance</div> <div>1:00pm Mah Jongg</div> |
| FRIDAY | <div>9:00am Yoga \$ Z</div> <div>9:30am HKF Canasta</div> <div>10:30am Chair Yoga \$ Z</div> <div>2:00pm Hand Drumming</div> <div>2:30pm Fit & Strong</div> |

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

MONTHLY ACTIVITY SCHEDULE

| | |
|-----------|--|
| MONDAY | 1:00am 3rd Monday of Each Month- Stroke Support Group held at Sacred Heart Catholic Church 6:00pm Nightly Jam |
| TUESDAY | 10:00am 2nd Wednesday of Each Month- Parkinson's Support Group Z 11:15am 2nd Tuesday of Each Month- Blood Pressure Checks by Liberty |
| WEDNESDAY | 10:00am 4th Wednesday of Each Month- Caregiver Support Group |
| THURSDAY | 1:30pm Beginner Bridge |
| FRIDAY | 1:00pm 2nd and 4th Fridays- Photography Club 1:30pm Beginner Hand Drumming |

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