

# WEEKLY ACTIVITY SCHEDULE

## MONDAY

**9:15am** Geri-Fit  
**11:30am** Lunch  
**1:00pm** Mah Jongg

**1:30pm** Cardio Dance  
**3:00pm** Parkinson's Ex \$

## TUESDAY

**8:30am** Classic Mat Pilates  
**9:00am** TRX  
**9:30am** Intensity Training  
**10:00am** Acrylic Painting

**10:30am** Bible Study Z  
**10:30am** Leland Larks  
**11:30am** Lunch  
**12:30pm** Sleep Mats

**12:30** Pinochle  
**2:00** Cardio Drumming

## WEDNESDAY

**9:15am** Geri-Fit  
**10:00am** Crafts  
**10:30am** Line Dance (Int)

**11:30am** Lunch  
**12:30pm** Acrylic Painting  
**1:00pm** Hand & Foot

**1:00pm** Parkinson's Ex \$  
**2:00pm** Yoga Stretch \$

## THURSDAY

**9:30am** Circuit Training  
**10:00am** Bingo (50¢/card) \$  
**10:30am** Tai Chi for Arthritis & Fall Prevention

**11:30am** Lunch

**12:30pm** Pinochle  
**1:00pm** Painting  
**1:30pm** Cardio Dance

## FRIDAY

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

**11:30am** Lunch  
**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*