

# WEEKLY ACTIVITY SCHEDULE

## MONDAY

**9:00am** Yoga \$ Z      **10:00am** Silver Samurai \$      **12:30pm** Crafts  
**9:00am** Tai Chi Forms \$      **10:00am** Card Making      **1:00pm** Mah Jongg  
**9:30am** HKF Canasta      **10:30am** Chair Yoga \$ Z      **6:00pm** Music Jam

## TUESDAY

**9:00am** Boxing      **10:15am** GeriFit      **2:30pm** Fit & Strong  
**9:30am** Bridge      **1:00pm** Pinochle      **6:30pm** Square  
**10:00am** Technology      **1:00pm** Silver Paddles      Dancing

## WEDNESDAY

**9:00am** Yoga \$ Z      **10:30am** Chair Yoga \$ Z      **12:30pm** Jewelry  
**9:00am** Tai Chi Forms \$      **1:00pm** Tai Chi \$  
**10:00am** Silver Samurai \$      **12:15pm** Bible Study

## THURSDAY

**9:00am** Boxing \$      **12:15** Pinocle      **11:30am** Beg. Line Dance  
**9:00am** Adv. German Z      **1:00pm** Int. Line Dance  
**9:30am** Knit & Chain Gang      **10:15pm** GeriFit      **1:00pm** Mah Jongg

## FRIDAY

**9:00am** Yoga \$ Z      **10:30am** Chair Yoga \$ Z      **2:30pm** Fit & Strong  
**9:30am** HKF Canasta      **2:00pm** Hand Drumming

### 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*