

WEEKLY ACTIVITY SCHEDULE

MONDAY

8:00 Hoop It Up **10:00** Chorus Group **12:30** Mah Jongg
8:30 Core, Floor and More **10:15** B.A.M **12:30pm** Crafts with Linda **R**
9:00 20/20/20 **11:45** Lunch

TUESDAY

9:00am Zumba GOLD **10:30am** Basic Beg. Dulcimer **R** **1:15** GeriFit
10:00am Card Games **11:45am** Lunch
10:15am Strength & Tone **12:30pm** Knit & Crochet

WEDNESDAY

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

THURSDAY

8:45 Strength & Tone **10:00** Trivia **1:15** Geri Fit
9:00 Card Games **11:45** Lunch
10:00 Gentle Yoga **12:30** Mah Jongg

FRIDAY

9:00 Pumped Up Strength **\$2** **1:00** Beg. Line Dancing
10:15 BINGO **50¢/card** **2:00** Int. Line Dancing
11:45 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