

# WEEKLY ACTIVITY SCHEDULE

## MONDAY

**10:00am** Body/Core/Strength **Z**

**10:30am** Tai Chi

**12:00pm** Quilt Together

**12:30pm** Bible Study

## TUESDAY

**9:00am** Gerifit

**9:30am** Crochet/Knitting

**10:00am** Geri-fit

**10:00 am** Bloodpressure Check (3rd Tuesday)

**11:00am** Tabata

**12:30pm** Sew What?

**12:30pm** Bingo **\$**

## WEDNESDAY

**8:00 am** Walk Club

**10:00am** Pilates **Z**

**10:00am** Hand Drumming (2nd & 4th)

**5:30pm** Yoga (1st & 3rd)

**5:30pm** Tai Chi (2nd & 4th) **\$**

## THURSDAY

**9:00am** Gerifit

**10:00am** Rug Hooking

**10:00am** Craregiver Support Group (2nd)

**10:00am** Geri-Fit

**12:30pm** Chair Volleyball

**1:00 pm** Jam Session (1st & 3rd)

## 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*