

WEEKLY ACTIVITY SCHEDULE

MONDAY

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

TUESDAY

9:00am Boxing
9:00am Adv German (zoom)
9:30am Bridge
9:30am Samba (Canasta)
10:00am Tech w/Martha
10:15am Gerifit
12:15pm Pinochle
1:00pm Silver Paddles
2:30pm Fit & Strong

WEDNESDAY

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

THURSDAY

9:00am Boxing \$
9:30am Knit & Chain Gang
10:00am Bible Study w/Joel
10:15am GeriFit
11:30am Beg Line Dance
12:30pm Pinochle
1:00pm Beg/Intermediate Line Dancing
1:00pm Ma Jongg (newcomers welcome!)

FRIDAY

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

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