

# WEEKLY ACTIVITY SCHEDULE

## MONDAY

**9:00am** Yoga \$ Z  
**9:00am** Beg/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** Beg/Tai Chi Forms \$  
**10:00am** Silver Samurai \$  
**10:00** Chess Class  
**10:30** Art Smart\$  
**10:30** Chair Yoga \$ Z  
**12:15** Bible Study  
 Interfaith

## 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  
**12:30 pm** Signing w/Dottie  
**2:00 pm** Hand/Drum  
**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*