

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)
 1:00pm Model Railroad
 5:30pm Tai Chi (2nd & 4th) **\$**
 5:30pm Yoga (1st & 3rd)

THURSDAY

9:00am Gerifit
 10:00am Rug Hooking
 10:00am Craregiver Support Group (2nd)
 10:00am Tongue Drum (1st & 3rd)
 10:00am Geri-Fit
 12:30pm Chair Volleybal
 1:00pm 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