

# WEEKLY ACTIVITY SCHEDULE

## MONDAY

**8:30** Core, Floor and More    **10:15** Core Strength & More  
**9:00** 20/20/20    **11:45** Lunch    **12:30** Craft with Linda **R**  
**10:00** Chorus    **12:30** Pinochle    **1:30** Tai Chi

## TUESDAY

**9:00** Zumba GOLD    **11:45** Lunch    **1:15** GeriFit  
**10:00** Card Games    **12:30** Knit & Crochet  
**10:30** Beg Dulcimer **R**

## WEDNESDAY

**8:30** Core, Floor and More    **10:30** Int. Dulcimer    **12:30** Beg. Mah-Jongg **R**  
**9:00** 20/20/20    **11:45** Lunch  
**10:30** Bingo    **12:30** Hand and Foot Card Game

## THURSDAY

**9:00** Card Games    **11:45** Lunch    **1:15** GeriFit  
**10:00** Gental Yoga    **12:30** Mah Jongg  
**10:00** Trivia

## FRIDAY

**9:00** Awesome Abs with Dorothy    **1:00** Beg. II Line Dancing  
**10:30** BINGO    **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*