

WEEKLY ACTIVITY SCHEDULE

MONDAY

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

TUESDAY

9:00 Zumba GOLD 11:45 Lunch 1:15 GeriFit
 10:00 Variety of Card Games 12:30 Knit & Crochet Group
 10:30 Beg Dulcimer **R** 1:30 Tai-Chi

WEDNESDAY

8:30 Core, Floor and More 10:30 Int. Dulcimer 1:00 Beg. Mah-Jongg **R**
 9:00 20/20/20 11:45 Lunch
 10:30 Bingo **\$** 12:30 Hand and Foot Card Game

THURSDAY

8:45 Strength & Tone 10:00 Trivia 1:15 GeriFit
 9:00 Variety Card Games 11:45 Lunch
 10:00 Gentle Yoga 12:30 Mah Jongg

FRIDAY

9:00 Bible Study 12:30 Widow/Widower Group
 9:00 Tai Chi 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