

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 Blood Pressure Check (3rd Tuesday)

11:00am Cardio Mix
12:30pm Sew What?
12:30pm Bingo **\$**

WEDNESDAY

10:00am Pilates **Z**
10:00am Hand Drumming(2nd & 4th)
10:00am Iris Paper Folding **\$**

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 Caregiver 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