

# 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 Card Games Your Choice 12:30 Knit & Crochet Group  
 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 Your Choice 11:45 Lunch 1:15 GeriFit  
 10:00 Gental Yoga 12:30 Mah Jongg  
 10:00 Trivia

## FRIDAY

9:00 Virtual At Home: Awesome Abs with Dorothy  
 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*