

WEEKLY ACTIVITY SCHEDULE

MONDAY

10:00am Body/Core/Strength
10:30am Tai Chi
12:00pm Quilt Together

12:30pm Ukulele (Every 1st & 3rd week)
12:30pm Bible Study

TUESDAY

9:00am Gerifit
9:30am Crochet/Knitting
10:00am Geri-fit
10:00am Hand/Tongue Drumming

10:30am Model Railroad
11:00am Cardio Mix
12:30pm Bingo (.50 per card)
12:30pm Sewing Group

WEDNESDAY

10:00am Pilates Z
10:00am Iris Paper (Restarts Jan. 15 (\$2.00))
3:00pm Tai Chi Intermediate (\$5.00)

5:00pm Gentle Yoga (1st & 3rd)

THURSDAY

9:00am Geri-Fit
10:00am Rug Hooking
10:00am Caregiver Support Group (2nd)
10:00am Tongue Drum (1st & 3rd)

10:00am Geri-Fit
10:30am Model Railroad
12:30pm Chair Volleyball
1:00pm Jam Session (Every 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