

# MONDAY

8:30 Core, Floor & More  
 9:00 20/20/20  
 10:00 Chours  
 10:15 B.A.M (starts 5/19)

10:15 Core Strength & Balance  
 11:45 Lunch  
 12:30 Pinochle  
 1:30 Tai Chi

# TUESDAY

9:00 Zumba GOLD  
 10:00 Card Games  
 10:15 Strength & Tone  
 10:30 Beg Dulcimer **R^**

11:45 Lunch  
 12:30 Knit & Crochet Group  
 1:15 GeriFit

# WEDNESDAY

8:00 Beg. Hand & Foot **R^**  
 8:30 Core, Floor & More  
 9:00 20/20/20  
 10:30 Bingo **\$1 per card**

10:30 Int. Dulcimer  
 11:45 Lunch  
 12:30 Hand & Foot  
 12:30 Beg Mah-Jongg **R^**

# THURSDAY

8:45 Strength & Tone  
 9:00 Card Games  
 10:00 Gentle Yoga  
 10:00 Trivia

11:45 Lunch  
 12:30 Mah Jongg  
 1:15 GeriFit

# FRIDAY

8:00 Zumba Gold **\$5**  
 9:00 Virtual Beg. Balletone  
 9:00 Tai Chi  
 10:30 Bingo **\$1 per card**

11:30 Lunch  
 1:00 Beg. II Line Dancing  
 2:00 Int. Line Dancing

## 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*