

# 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  
 1:00pm Card Making (2nd Monday)

**TUESDAY**

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

10:00am 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 Folding (\$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 Geri-Fit  
 10:00am Model Railroad  
 12:30pm Chair Volleyball  
 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*