

# WEEKLY ACTIVITY SCHEDULE

## MONDAY

**9:00am** Yoga \$ Z  
**9:00am** Tai Chi For Beg  
**9:30am** HKF Canasta  
**10:00am** Tai Chi for Seniors  
**10:00am** Card Making  
**10:30am** Chair Yoga \$ Z  
**1:00pm** Mah Jongg  
**6:00pm** Music Jam

## TUESDAY

**9:00am** Boxing  
**9:30am** Bridge  
**10:15am** Gerifit  
**12:15pm** Pinochle  
**1:00pm** Silver Paddles  
**2:30pm** Fit & Strong Z

## WEDNESDAY

**9:00am** Yoga \$ Z  
**9:00am** Tai Chi for Beg  
**10:00am** Phone Help  
**10:00am** Tai Chi for Seniors  
**10:00am** Cell Phone Help  
**10:30am** Art Smart \$  
**10:30am** Chair Yoga \$ Z  
**12:30pm** Bible Study  
 Interfaith

## THURSDAY

**9:00am** Boxing \$  
**9:00am** Active Stretch  
**9:30am** Knit & Chain Gang  
**10:00am** Bible Study w/Joel  
**10:15am** Gerifit  
**11:30pm** Beg Line Dance  
**12:15pm** Pinochle  
**1:00pm** Beg Bridge  
**1:00pm** Interm Line Dance  
**1:00pm** Ma Jongg  
**2:00pm** Tai Chi for Arthritis

## FRIDAY

**9:00am** Yoga \$ Z  
**9:30am** HKF Canasta  
**10:30am** Chair Yoga \$ Z  
**12:30pm** Signing w/Dottie  
**2:00 pm** Hand/Drum  
**2:30pm** Fit & Strong Z

### Center Hours:

Monday-Friday

8:00am-4:00pm

*Closed Saturday & Sunday*

### Symbol Legend:

**\$** = Fee Associated

**R** = Advanced  
Registration  
Required

**N** = New  
Program/Time

**Z** = Zoom +  
In-Person

*Schedule Subject to Change*