WEEKLY ACTIVITY SCHEDULE

MONDAY

8:00am Rummikub & Sequence
9:15am Yoga
10:30am Fit & Strong
12:00pm Quilt Together
12:30pm Bible Study
12:30pm Tai Chi Practice
Starting (02/02)

TUESDAY

8:00am Rummikub & Sequence
9:00am Geri-Fit
9:30am Crochet
10:00am Model Railroad (Men's Shed)
10:00am Body/Core/Strength Z
12:00pm Sewing Together
12:30pm After Lunch Activites

WEDNESDAY

8:00am Rummikub & Sequence
9:30am Pilates Z
11:00am Soul Line Dancing & Aerobics
Starting (01/14)
12:30pm Tai Chi For Fall Prevention & Arthritis
Orientation (01/21)
16 Week Workshop (01/28 - 05/13)

THURSDAY

8:00am Rummikub & Sequence
9:00am Geri Fit
10:00am Rug Hooking
10:00am Geri Fit
10:00am Model Railroad (Men's Shed)
11:00am Zumba Gold

FRIDAY

8:00am Rummikub & Sequence
9:30am Chair Yoga
10:30am Active Stretch

Center Hours:

Monday - Thursday:
8am-4:30 pm
Friday: 8am-2pm
Closed Saturday & Sunday

Symbol Legend:

$ = Fee Associated

R = Advanced Registration Required

N = New Program/Time

Z = Zoom + In-Person

Schedule Subject to Change