

WEEKLY ACTIVITY SCHEDULE

MONDAY

9:30am Rummikub
10:15am Cardio Drumming
11:00am Brain & BodyFitness

11:30am Lunch
12:30pm Independent Creative Hour

TUESDAY

9:15am Puzzle Group
9:30am GeriFit
10:30am Through Fire

11:30am Lunch
12:30pm Bible Study
1:30pm Cornhole

WEDNESDAY

9:15am L.A. Quilters
9:30am Fitness 4 Longevity **N**
10:30am Card Games

11:30am Lunch
12:30pm Crafts with Laura **R**
1:30pm Cardio Drumming

THURSDAY

9:15am Puzzle Group
9:30am GeriFit
10:30am Trivia

11:30am Lunch
12:30pm Cornhole
1:30pm Half Mile Park Walk

FRIDAY

9:15am Independent Creative Hour
9:00am Strength & Balance **N**
10:30am Brain Challenge

11:30am Lunch
12:30pm Puzzle Group
1:30pm Card Games

Center Hours:

Monday-Friday
8:00am-4:00pm

Closed Saturday & Sunday

Symbol Legend:

\$ = FeeAssociated

R = Advanced
Registration
Required

N = New
Program/Time

Z = Zoom +
In-Person

Schedule Subject to Change