

WEEKLY ACTIVITY SCHEDULE

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

MONDAY

10:30am Tai Chi Part II

1:30pm Cardio Dance

11:30am Lunch

1:00pm Mah Jongg

TUESDAY

8:30am Classic Mat Pilates

10:30am Leland Larks

2:00pm Cardio Drumming

9:30am Intensity Training

11:30am Lunch

10:00am Acrylic Painting

12:30pm Sleep Mats

10:30am Bible Study **Z**

12:30pm Pinochle

WEDNESDAY

9:00am Geri Fit **N**

10:00am Crafts

12:30pm Acrylic Painting

10:30am Line Dancing (Int)

1:00pm Hand & Foot/Super Samba

11:30am Lunch

1:45pm Quilting Class

THURSDAY

9:30am Circuit Training

10:30am Tai Chi for Arthritis & Fall Prevention

9:30am Writing Group

11:30am Lunch

1:00pm Painting

10:00am Bingo

12:30pm Pinochle

1:30pm Cardio Dance

FRIDAY

9:00am Geri Fit **N**

10:30am Line Dancing (Beg)

12:30pm Tech Topics

10:00am Line Dancing (Adv)

11:30am Lunch

1:30pm Chair Yoga **\$N**