

WEEKLY ACTIVITY SCHEDULE

MONDAY

8:00am | Coffee With Friends 12:00pm | Quilt Together
 9:45am | Stretch & Balance **N** 12:30pm | Bible Study
 10:45am | Yoga / Adaptive Yoga **N**
 11:30am | Lunch

TUESDAY

8:00am | Coffee With Friends 10:00am | Sifu Sutzer Tai Chi
 9:00am | Geri-Fit 10:00am | Model Railroad (Men's Shed)
 9:30am | Crochet 11:00am | Line Dancing **N**
 10:00am | Body/Core/Strenth **Z** 11:30am | Lunch

WEDNESDAY

8:00am | Coffee With Friends
 9:30am | Pilates **Z**
 11:00am | Geri-Fit **N**
 11:30am | Lunch

THURSDAY

8:00am | Coffee With Friends 10:00am | Rug Hooking
 9:00am | Geri-Fit 10:00am | Model Railroad (Men's Shed)
 10:00am | Geri-Fit 11:00am | Walky Talkys **N**
 10:00am | Sifu Sutzer Tai Chi 11:30am | Lunch

FRIDAY

8:00am | Coffee With Friends
 10:00am | Friday Activity **N**
 11:30am | Lunch

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