WEEKLY ACTIVITY SCHEDULE

MONDAY

9:30am Joy of Acting **$**
10:00am Tai Chi for Arthritis & Fall Prevention
11:30am Lunch
1:00pm Mah Jongg
1:30pm Cardio Dance

TUESDAY

8:30am Classic Mat Pilates
9:30am Intensity Training
10:00am Acrylic Painting
10:30am Bible Study **Z**
10:30am Leland Larks
11:30am Lunch
12:30pm Sleep Mats
12:30pm Pinochle
2:00pm Cardio Drumming

WEDNESDAY

9:00am Geri-Fit
10:00am Crafts
10:30am Line Dancing (Int)
11:30am Lunch
12:30pm Acrylic Painting
1:00pm Hand & Foot/Super Samba
1:45pm Quilting Class

THURSDAY

8:30am Mat Pilates **$12**
9:30am Circuit Training
10:00am Bingo
10:30am Tai Chi for Arthritis & Fall Prevention
11:30am Lunch
12:30pm Pinochle
1-3pm Painting
1:30pm Cardio Dance

FRIDAY

9:00am Geri-Fit
10:00am Line Dancing (Adv)
10:30am Line Dance (Beg)
11:30am Lunch
1:00pm Tech Topics
2:00pm Chair Yoga **$5**

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