

# Weekly Schedule: October

## MONDAY

9:45-10:45am  
Strength Training  
Del Herrera  
**Hybrid**  
MPR

11:15am-12:15pm  
MELT Method  
Ilene Berke  
**Virtual**

12:00-3:30pm  
Bridge  
**In-Person**  
Senior Room

2:00-3:00pm  
Do It Now Senior  
Fitness  
Tamara Kilpatrick  
**In-Person**  
MPR

## TUESDAY

8:45am-9:45am  
Jazzercise  
Elizabeth Eaves  
**In-Person**  
MPR

10:30am-12:00pm  
Music Appreciation  
**Hybrid**  
Teen Room

11:30am-1:00pm  
COVID-19  
Women's Group  
Sue Wellerstein  
**Virtual**

1:00-3:00pm  
Watercolor  
David Deyell  
**Hybrid**  
MPR

10:30-11:30am  
Laugh, Flex & Stretch  
Lois Jackson  
**Hybrid**  
MPR #1

11:15am-12:30pm  
Book Club (3rd Tue)  
**In-Person**  
MPR#2

12:15-3:00pm  
Bingo  
**In-Person**  
Senior Room

## WEDNESDAY

9:45-10:45am  
Dancing with Del  
Del Herrera  
**Hybrid**  
MPR

11:15am-12:30pm  
Chair Yagalates  
Ilene Berke  
**Virtual**

## THURSDAY

8:45am-9:45am  
Jazzercise  
Elizabeth Eaves  
**In-Person**  
MPR

10:30-11:30am  
Arthritis  
Lois Jackson  
**Hybrid**  
MPR

12:00-3:30pm  
Bridge  
**In-Person**  
Senior Room

2:00-3:00pm  
Do It Now Senior  
Fitness  
Tamara Kilpatrick  
**In-Person**  
MPR

## FRIDAY

9:45-10:45am  
Zumba  
Del Herrera  
**Hybrid**  
MPR

11:15am-12:30pm  
Chair Yagalates  
Ilene Berke  
**Virtual**

## SATURDAY - ONE TIME

11:00am-1:00pm  
ONLY ON 10/9  
Farhana's Cooking Class  
Farhana Sahibzada  
**Virtual**

