

Weekly Schedule: March



MONDAY

9:45-10:45am
Strength Training
Del Herrera
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

TUESDAY

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

10:00-11:30am
Music Appreciation
Hybrid
Teen Room

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

11:15-12:30pm
Book Club (3rd Tues)
In-Person
Senior Room

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

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

1:00-4:00pm
Mah Jongg &
Board Games
In-Person
Teen Room

WEDNESDAY

10:00am-1:00pm
Mah Jongg &
Board Games
In-Person
Senior Room

11:15am-12:15pm
Chair Yogalates
Ilene Berke
**Hybrid - Instructor
will be virtual**
Teen Room

THURSDAY

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

10:00am-1:00pm
Mah Jongg &
Board Games
In-Person
Senior Room

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

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-12:15pm
Chair Yogalates
Ilene Berke
**Hybrid - Instructor
will be virtual**
MPR

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