



Weekly Schedule: November

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

12:30-3:00pm
Watercolor
David Deyell
Hybrid
MPR

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

WEDNESDAY

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

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

2:30-4:00pm
Current Events
Discussion Group
Hybrid
Senior Room

5:00-6:00pm
Bootcamp Workout
Stephanie Green
In-Person
MPR

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

November 19th
11:00am-1:00pm
Farhana Indian
Cooking Class
Virtual
Your Home

