

Weekly Schedule: September

MONDAY

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

11:00-11:30am
Flex & Renew
Del Herrera
In-Person
MPR

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

12:30-1:30pm
Tai Chi & Qigong
Caroline Hatfield
In-Person
MPR

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

6:00-7:00pm
Bollywood Dance
Monica Sarin
In-Person
MPR

TUESDAY

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

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

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

11:15-12:30pm
Book Club (3rd Tues)
In-Person
Conference 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
The Lounge

WEDNESDAY

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

11:00-11:30am
Flex & Renew
Del Herrera
In-Person
MPR

10:00am-1:00pm
Mah Jongg &
Board Games
In-Person
The Lounge

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

4:00-5:30pm
Youth Clay Class
Fariba Mahgrefteh
In-Person
Classroom B

THURSDAY

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

10:00am-1:00pm
Mah Jongg &
Board Games
In-Person
The Lounge

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

