



# Weekly Schedule: October



## MONDAY

12:00-3:00pm  
Duplicate Bridge  
*Bruce Fleck*  
**In-Person**  
Senior Room

12:30-1:05pm  
Tai Chi & Qigong  
Part 1  
*Caroline Hatfield*  
**In-Person**  
MPR

12:30-1:30pm  
Tai Chi & Qigong  
Parts 1 & 2  
*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*  
**Hybrid**  
MPR

10:00-11:30am  
Beginners  
Mah Jongg  
**In-Person**  
Senior Room

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

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

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

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

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

## WEDNESDAY

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

1:30-3:00pm  
Current Events  
Discussion Group  
**Hybrid**  
Senior Room

6:00-7:30pm  
Beginners  
Mah Jongg  
**In-Person**  
Senior Room

## THURSDAY

8:45-9:45am  
Jazzercise  
*Elizabeth Eaves*  
**Hybrid**  
MPR

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

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

4:30-5:30pm  
Youth Chess Class  
**In-Person**  
Senior Room

## FRIDAY

9:45-10:45am  
Zumba  
*Mary Gutierrez (Sub)*  
**Hybrid**  
MPR

