

Weekly Schedule: April

MONDAY

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

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

12:00-1:00pm
Qigong
Caroline Hatfield
MPR

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

2:00-3:00pm
Do It Now
Tamara Kilpatrick
MPR

TUESDAY

8:45-9:45am
Jazzercise
Elizabeth Eaves
MPR/Online

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

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

11:15am-12:30pm
Book Club (3rd Tues)
Self-directed
Conf. Room

12:15-3:00pm
Bingo
Self-directed
Senior Room

12:30-3:00pm
Watercolor
David Deyell
MPR/Online

5:30-6:30pm
Beginning Chess for Seniors
Volunteer-led
Senior Room

WEDNESDAY

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

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

1:30-3:00pm
**Current Events
Discussion Group**
Self-directed
Senior Room/Online

4:00-5:00pm
Youth Clay Class
Fariba M.
Classroom C

THURSDAY

8:45-9:45am
Jazzercise
Elizabeth Eaves
MPR/Online

10:30-11:30am
Arthritis
Lois Jackson
MPR/Online

12:00-1:00pm
Music w. Mark
Mark Mendenhall
Lounge

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

4:30-5:30pm
Youth Chess Class
Volunteer Led
Senior Room

FRIDAY

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

1:00-2:30pm
Senior Clay Class
Fariba M.
Classroom C

SATURDAY

9:00am-12:00pm
Photography
Art Ranoa
Classroom C

*Classes in green are provided both In-Person and Remotely via Zoom from the comfort of your home.