

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
WEEKLY	<p>8:30 Pelvic Floor & Core 9:00 Chair Yoga w/Tina 10:00 Enerchi 10:00 Ukulele Open Play 10:30 Beginning Ballet 10:30 Longevity Food From Around the World 11:30 Standing Yoga 12:45 Tap Dancing 1:00 Pennies 1:00 Tap FUNDamentals 1:30 Spanish Level 3: Intermediate 2:30 Guitar Slow Jam w/Bass 3:00 Rummikub 3:00 Tai Chi: 13 Elements 4:00 Tai Chi: 24 Postures</p>	<p>8:15 Standing Core 9:00 Coffee and Conversation* 9:30 Floor Yoga Stretch 10:00 Crocheting Circle - All Levels* 10:00 Stability Exercises 10:45 Standing Pilates - Mat Required 11:15 Belly Dancing (except 3/24) 12:00 Chair Aerobics 12:15 Hula Hooping - All Levels (except 3/24) 1:00 Beginning French (except 3/3, 3/17) 1:00 Bridge 1:00 Line Dancing - Basic 1:00 Mahjong - Tuesdays (except 3/3) 1:00 Zumba Gold 2:00 Line Dancing - Intermediate 3:00 String Ensemble - All Levels</p>	<p>8:00 Energy Burst Stations 8:30 Stretch & Balance - Advanced 9:00 Tighten and Tone 9:30 Party Bridge 9:45 Weight Training & Toning 10:00 Aerobic Exercise 11:00 Pilates - Mat Required 11:30 Enerchi 1:00 Cribbage - All Levels 1:00 Canasta Hand Knee & Foot 1:00 Line Dancing - Basic 2:00 Line Dancing - Intermediate 3:00 Tai Chi: 13 Elements 4:00 Tai Chi: 24 Postures</p>	<p>8:15 Sit & Be Fit! (except 3/4) 8:30 Resistance Training - Advanced 9:30 Mat & Core Class - Advanced 10:00 Sign Language 10:00 Spanish Level 1: Basic 10:30 Just Dance 11:00 Spanish Level 2: Conversational 12:00 Dancing Queens 1:00 Casual Knitting & Conversation* 1:00 Samba Cards 1:00 Tapping Meditation - Tapping Café 1:30 Zumba Gold 2:45 Advanced Tap</p>	<p>8:30 Zumba Gold: Weight Training & Toning 9:00 Chair Yoga w/Tina 9:30 Canasta Hand Knee Foot 9:45 Zumba Step Up 10:00 Aerobic Exercise 11:00 Aerobic Body Pump - Advanced 11:00 Support Group: NAMI Mental Health* 11:00 Crocheting Circle - ALL Levels* 11:30 Total Body Workout 12:00 Yoga Full Body Stretch - Mat Required 12:30 Bridge Open Play - All Levels 12:30 Mahjong w/Current Mahjong Card 1:00 Bridge 1:00 Holistic Health Diet 2:00 Art Therapy 2:00 Golf Fitness Training</p>	WEEKLY

ADDITIONAL CLASSES	~Weekly Only/No Additional~ 2	12:00p Support Group: Hearing Loss* 3:30p Great Decisions 3	3:30p Common Health Conditions: Memory Concerns 5:30p Reading Between the Lines Book Club 4	10:30 Creating a Tabletop Topiary 2:30p Shell Creations 5	~Weekly Only/No Additional~ 6	ADDITIONAL CLASSES
	4:15p Yoga for the Grieving Heart* 5:30p Support Group: Grieving with Hope* 9	9:00 Re-New-U: Tips to Improve Mornings 2:00p Create with AI: A Personal Assistant for Hobbies, Health, and Fun 2:00p Memory Café Support Group* 3:30p Great Decisions 10	9:00 Linking Lives with Social Connections* 1:30p Caregiver Stressbusters Forum* 3:30p Support Group: Caregivers* 3:30p Common Health Conditions: Arthritis and Osteoporosis 11	~Weekly Only/No Additional~ 12	~Weekly Only/No Additional~ 13	
	3:30p The Successful Caregiver* 16	9:30 Apple Mac - Including OS-26 (Series) 17	9:00 Linking Lives with Social Connections* 9:30 Apple Mac - Including OS-26 (Series) 3:30p Common Health Conditions: Diabetes/Mellitus—Type 2 18	9:30 Apple Mac - Including OS-26 (Series) 10:00a Parkinson's Support Group* 2:30 Shell Creations 19	10:00a Brain Boosters: What Can You Do? 20	
	4:15p Yoga for the Grieving Heart* 5:30p Support Group: Grieving with Hope* 23	2:00p Memory Café Support Group* 24	9:00 Linking Lives with Social Connections* 11:00a Support Group: Low Vision* 1:30p Caregiver Stressbusters Forum* 3:30p Common Health Concerns: COPD 3:30p Support Group: Caregivers* 25	~Weekly Only/No Additional~ 26	~Weekly Only/No Additional~ 27	
	~Weekly Only/No Additional~ 30	~Weekly Only/No Additional~ 31		All activities subject to change		