

| SUN           | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SAT           |
|---------------|--|---|---|--|--|---------------|
| <b>WEEKLY</b> | <b>8:30</b> Pelvic Floor & Core<br><b>9:00</b> Chair Yoga w/Tina<br><b>10:00</b> Enerchi<br><b>10:00</b> Ukulele Open Play<br><b>10:30</b> Beginning Ballet <i>(except 4/13)</i><br><b>10:30</b> Longevity Food From Around the World<br><b>11:30</b> Standing Yoga<br><b>12:45</b> Tap Dancing <i>(except 4/13)</i><br><b>1:00</b> Pennies<br><b>1:00</b> Tap FUNDamentals<br><b>1:30</b> Spanish Level 3: Intermediate<br><b>2:30</b> Guitar Slow Jam w/Bass<br><b>3:00</b> Rummikub<br><b>3:00</b> Tai Chi: 13 Elements<br><b>4:00</b> Tai Chi: 24 Postures | <b>8:15</b> Standing Core<br><b>9:30</b> Floor Yoga Stretch<br><b>10:00</b> Crocheting Circle - All Levels*<br><b>10:00</b> Stability Exercises<br><b>10:45</b> Standing Pilates - Mat Required<br><b>11:15</b> Belly Dancing <i>(except 4/28)</i><br><b>12:00</b> Chair Aerobics<br><b>12:15</b> Hula Hooping - All Levels<br><b>1:00</b> Beginning French<br><b>1:00</b> Bridge<br><b>1:00</b> Line Dancing - Basic<br><b>1:00</b> Mahjong - Tuesdays <i>(except 4/7)</i><br><b>1:00</b> Zumba Gold<br><b>1:45</b> Intermediate French<br><b>2:00</b> Line Dancing - Intermediate<br><b>3:00</b> String Ensemble - All Levels | <b>8:00</b> Energy Burst Stations<br><b>8:30</b> Stretch & Balance - Advanced<br><b>9:00</b> Tighten and Tone<br><b>9:30</b> Party Bridge<br><b>9:45</b> Weight Training & Toning<br><b>10:00</b> Aerobic Exercise<br><b>11:00</b> Pilates - Mat Required<br><b>11:30</b> Enerchi<br><b>1:00</b> Cribbage - All Levels<br><b>1:00</b> Canasta Hand Knee & Foot<br><b>1:00</b> Line Dancing - Basic<br><b>2:00</b> Line Dancing - Intermediate<br><b>3:00</b> Tai Chi: 13 Elements<br><b>4:00</b> Tai Chi: 24 Postures | <b>8:15</b> Sit & Be Fit!<br><b>8:30</b> Resistance Training - Advanced<br><b>9:30</b> Mat & Core Class - Advanced<br><b>9:30</b> Stability Exercises<br><b>10:00</b> Sign Language <i>(except 4/30)</i><br><b>10:00</b> Spanish Level 1: Basic<br><b>10:30</b> Just Dance<br><b>10:45</b> Standing Yoga<br><b>11:00</b> Spanish Level 2: Conversational<br><b>12:00</b> Dancing Queens<br><b>1:00</b> Casual Knitting & Conversation*<br><b>1:00</b> Samba Cards<br><b>1:00</b> Tapping Meditation - Tapping Café<br><b>1:30</b> Zumba Gold<br><b>2:45</b> Advanced Tap | <b>8:30</b> Zumba Gold: Weight Training & Toning<br><b>9:00</b> Chair Yoga w/Tina<br><b>9:30</b> Canasta Hand Knee Foot<br><b>9:45</b> Zumba Step Up<br><b>10:00</b> Aerobic Exercise<br><b>11:00</b> Aerobic Body Pump - Advanced<br><b>11:00</b> Support Group: NAMI Mental Health*<br><b>11:00</b> Crocheting Circle - ALL Levels*<br><b>11:30</b> Total Body Workout<br><b>12:00</b> Yoga Full Body Stretch - Mat Required<br><b>12:30</b> Bridge Open Play - All Levels<br><b>12:30</b> Mahjong w/Current Mahjong Card<br><b>1:00</b> Bridge<br><b>1:00</b> Holistic Health Diet<br><b>2:00</b> Art Therapy | <b>WEEKLY</b> |

|                           |  |  |  |   |   |                           |   |
|---------------------------|--|--|--|---|---|---------------------------|---|
| <b>ADDITIONAL CLASSES</b> |   | <b>All activities subject to change</b>  | <b>1</b><br><b>9:30a</b> iPhone - Series of 3<br><b>3:30p</b> Common Health Conditions: Obesity/High Lipids<br><b>5:30p</b> Reading Between the Lines Book Club  | <b>2</b><br><b>2:30p</b> Shell Creations  | <b>3</b><br>~Weekly Only/No Additional~   | <b>ADDITIONAL CLASSES</b> |   |
|                           | ~Weekly Only/No Additional~  | <b>6</b>   | <b>7</b><br><b>12:00p</b> Support Group: Hearing Loss*<br><b>1:00p</b> Getting Balance in Your Life  | <b>8</b><br><b>1:30p</b> Caregiver Stressbusters Forum*<br><b>3:30p</b> Support Group: Caregivers*<br><b>3:30p</b> Common Health Conditions: Kidney & Bladder | <b>9</b><br><b>10:00a</b> Coffee & Connection: Vet to Vet*  |                           | <b>10</b><br><b>11:00a</b> Intro to Canva - Series of 6<br><b>12:00p</b> Intermediate Canva - Series of 6 |
|                           | <b>13</b><br><b>2:00p</b> Overview of Financial Planning<br><b>4:15p</b> Yoga for the Grieving Heart*<br><b>5:30p</b> Support Group: Grieving with Hope* | <b>14</b><br><b>11:00a</b> MyActiveCenter Assistance*<br><b>2:00p</b> Memory Café Support Group*           | <b>15</b><br><b>3:30p</b> Common Health Conditions: Senior Eye Conditions  | <b>16</b><br><b>9:00a</b> Photo Destination w/Alwynne: Cuba*<br><b>10:00a</b> Parkinson's Support Group*<br><b>2:30</b> Shell Creations                       | <b>17</b><br><b>11:00a</b> Intro to Canva - Series of 6<br><b>12:00p</b> Intermediate Canva - Series of 6   |                           |   |
|                           | <b>20</b><br><b>9:30a</b> iPhone - Series of 3<br><b>3:30p</b> The Successful Caregiver  | <b>21</b><br><b>9:30</b> iPhone - Series of 3<br><b>1:00p</b> FL Poison Control Classes: Gas Station Drugs | <b>22</b><br><b>9:30a</b> iPhone - Series of 3<br><b>11:00a</b> Support Group: Low Vision*<br><b>1:30p</b> Caregiver Stressbusters Forum*<br><b>3:30p</b> Support Group: Caregivers*<br><b>3:30p</b> Common Health Conditions: TBD | <b>23</b><br><b>2:00p</b> All About Fishing   | <b>24</b><br><b>9:00a</b> How to Avoid Scams & Save on Groceries*<br><b>11:00a</b> Intro to Canva - Series of 6<br><b>12:00p</b> Intermediate Canva - Series of 6 |                           |   |
|                           | <b>27</b><br><b>4:15p</b> Yoga for the Grieving Heart*<br><b>5:30p</b> Support Group: Grieving with Hope*  | <b>28</b><br><b>10:30a</b> Acrylic Paint Pouring Art<br><b>2:00p</b> Memory Café Support Group*            | <b>29</b><br><b>3:30p</b> Common Health Conditions: Urology  | <b>30</b><br><b>2:00p</b> All About Fishing<br><b>2:00p</b> Creating a Decorative Mask  |   |                           |   |