

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
WEEKLY	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	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 12:00 Chair Aerobics 12:15 Hula Hooping - All Levels 1:00 Beginning French 1:00 Bridge 1:00 Line Dancing - Basic 1:00 Mahjong - Tuesdays (except 5/5) 1:00 Zumba Gold 1:45 Intermediate French 2:00 Line Dancing - Intermediate 3:00 String Ensemble - All Levels	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 12:30 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	8:15 Sit & Be Fit! 8:30 Resistance Training - Advanced 9:30 Mat & Core Class - Advanced 9:30 Stability Exercises 10:00 Sign Language 10:00 Spanish Level 1: Basic 10:30 Just Dance 10:45 Standing Yoga 11:00 iPhone Basics 11:00 Spanish Level 2: Conversational 12:00 Dancing Queens (except 5/7) 1:00 Casual Knitting & Conversation* 1:00 Samba Cards 1:00 Tapping Meditation - Tapping Café 1:30 Zumba Gold (except 5/7)	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 (except 5/7) 11:00 Aerobic Body Pump - Advanced (except 5/7) 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 (except 5/29)	WEEKLY

ADDITIONAL CLASSES		<i>All activities subject to change</i>			~Weekly Only/No Additional~	1	ADDITIONAL CLASSES		
	4	5	6	7	8	5:30p Support Group: Grieving with Hope* 11:00a Money Smart: Leaving a Legacy 12:00p Support Group: Hearing Loss* 1:00p Hidden Benefits of Gratitude 2:00p Memory Café Support Group* 10:00a Coffee & Connection: Vet to Vet* 1:30p Caregiver Stressbusters Forum* 3:30p Support Group: Caregivers* 3:30p Common Health Conditions: Dr. Kennedy on Nutrition		2:30p Shell Creations	11:00a Intro to Canva - Series of 6 12:00p Intermediate Canva - Series of 6
	11	12	13	14	15	9:30a Apple Mac (Including OS-26) - Series 3:30p The Successful Caregiver 4:15p Yoga for the Grieving Heart* 9:30a Apple Mac (Including OS-26) - Series 9:30a Apple Mac (Including OS-26) - Series 3:30p Common Health Conditions: TBD		~Weekly Only/No Additional~	11:00a Intro to Canva - Series of 6 12:00p Intermediate Canva - Series of 6
	18	19	20	21	22	1:00p FL Poison Control Classes: Medications & The Golden Years 2:00p Portfolio Management 5:30p Support Group: Grieving with Hope* 2:00p Memory Café Support Group* 1:30p Caregiver Stressbusters Forum* 3:30p Support Group: Caregivers* 3:30p Common Health Conditions: Dr. Lin on Chiropractic		9:00a Photo Destination w/Alwynne: Indonesia* 10:00a Parkinson's Support Group* 2:30p Shell Creations	11:00a Intro to Canva - Series of 6 12:00p Intermediate Canva - Series of 6
	25	26	27	28	29	NCCOA CLOSED - MEMORIAL DAY ~Weekly Only/No Additional~ 11:00a Support Group: Low Vision* 3:30p Common Health Conditions: Dr. Kennedy on Sleep		~Weekly Only/No Additional~	~Weekly Only/No Additional~