**Senior Activity Schedule during Senior Center Cleanup**

**Revised March 24th.**

**Schedule for the week beginning 3/27**

**The following classes will take place at St. Paul’s Cottages (108 Rockaway Avenue) while the cleanup of the Senior Center is taking place:**

**Monday:**

10:00 Exercise with Felicia in Cluett Hall

12:00 Retired Men’s Club in the North Cottage

2:00 Knitting & Crochet Club in the North Cottage (cancelled next week 3/13)

2:15 Chair Yoga with Samantha in Cottage #110

**Tuesday:**

2:30 Chair Dancing with Felicia in Cottage #110

**Wednesday:**

9:45 Exercise with Felicia in Cluett Hall (30 minute class)

11:15 Senior Dance Performance Group with Felicia in Cluett Hall\*

12:00 Lunch Group in North Cottage

3:00 Chess Club in North Cottage

**Thursday:**

11:15 Yoga with Samantha in Cottage #110

12:00 Retired Men’s Club in the North Cottage

1:30 Chi Kung with Andrea in Cottage #110\*

3:15 Zumba Gold with Andrea in Cluett Hall\*

**Friday:**

12:30 Resistance Bands with Samantha in Cottage #110

1:00 Aerobics with Samantha in Cottage #110

Noon Senior Women’s Bridge

The cottages are located behind the St Paul’s building. Cottage #110, and the North Cottage. They both face Rockaway Avenue. All game playing and meeting will take place in the North Cottage, while all exercise/dance related classes will take place in Cottage #110.

For the North Cottage, please park in the lot to the North of the complex by the soccer field. For activities in Cottage #110 you may also park there, or if there are spots available, park by the Recreation Office.

**Classes marked with an \* denotes that it is a ”pay to go” class, to join, please visit the Recreation Office.**

**We have plenty of tables for playing games, but it is, as always, “first come, first serve”.**