

WALDEN SENIORS AND PENSIONERS WEEKLY ACTIVITIES BY DAY

DAY	TIME	ACTIVITY	LOCATION	START DATE	END DATE	COST
MONDAY	9,11 & 1 p.m.	Pickleball	Naughton Gym	All year		\$10 (for year)
	10:00	Pool (League)	Lower level	Sept. 22	Dec. 16	\$39.00
	10:30 & 1:00	Cardio drumming	Kin Hall	Sept. 8	Dec. 15	N/A
	12:00 - 3:00	6 Hand Euchre	Board Room	All year		N/A
	6:45 - 9:00	Cards Pepper	Naughton	All year		N/A
TUESDAY	9, 11 & 1 pm	Pickleball	Naughton Gym	All year		\$10 (for year)
	10:00	Pool (league)	Lower level	Sept. 22	Dec. 16	\$39.00
	10:00 - 11:00	Movement Therapy	Kin Hall	Sept. 9	Dec. 16	\$42.00
	11:30 - 12:30	Yoga	Kin Hall	Sept. 9	Dec. 16	\$42.00
	12:00	Tuesday Lunch	Main Room	TBD		Determined weekly
	1:00 - 4:00	Hand & Foot	Board room	All year		N/A
	12:30	Knitting Circle	Reception	All year		N/A
	6:00 - 9:00	Pepper	Board room	All year		N/A
WEDNESDAY	9:00 - 10:00	Men's Exercise	Kin Hall	Sept.10	Dec. 17	\$45.00
	9:00 & 11:00	Pickleball	Naughton Gym	All year		\$10. (for year)
	10:00	Pool (open)	Lower level	Sept.10	Dec. 17	N/A
	10:15 - 11:15	Chair Yoga	Kin Hall	Sept.10	Dec. 17	\$45.00

	11:30 - 12:30	Tai Chi	Kin Hall	Sept. 24	Dec. 17	N/A
	1:00 - 3:30	Bridge	Board Room	All year		N/A
	1:00 pm	Shuffleboard	Naughton	All year		\$10. (for year)
	1:00 - 2:00	Cardio Drumming	Kin Hall	Sept.10	Dec. 17	N/A
THURSDAY	9, 11 & 1 pm	Pickleball	Naughton	All year		\$10. (for year)
	9:00 - 12:00	Cooking Class	Kitchen	Sept. 18	Dec. 18	TBD by class
	10:00 - 11:00	Beginner Line Dancing	Kin Hall	Sept. 11	Dec. 18	\$42.00
	10:00	Pool (open)	Lower level	Sept. 22	Dec. 19	N/A
	11:30 - 12:30	Cardio Drumming	Kin Hall	Sept. 11	Dec. 18	N/A
	1:00 - 4:00	Hand & foot	Board room	All year		N/A
FRIDAY	9:00 - 10:00	Co-ed Movement Therapy	Kin Hall	Sept.12	Dec. 19	\$42.00
	10:00	Pool (open)	Lower Level	Sept. 12	Dec. 19	N/A
	10:30 - 12:00	Line dancing	Kin Hall	Sept. 12	Dec. 19	\$42.00
	1:00 - 4:00	Pepper	Naughton	All year		N/A
	1:00 - 4:00	Writing with Del (max 8)	Board Room	Sept.12	Dec. 19	N/A
	7:00 p.m.	Darts	Kin Hall	Sept.12	Dec. 19	\$10. (for year)
SUNDAY	9, 11 & 1 pm	Pickleball	Naughton	All year		\$10. (for year)
	12:00 - 3:00	Euchre	Board room	All year		N/A