

WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-12 So-Sew Class & open time 9:15 NEW CLASS Yoga for better Balance 9:30 Woodworking 10:15 Tap \$7 11:30 Jazz \$7 12:15 Lunch 12:30 Billiards 1:00 Pinochle 1:00 Shuffleboard	9:00 Ceramics \$3 9:00 Low Impact Aerobics 9:00 Rummikub 9:30 Woodworking 11:00 Resistance Exercise 12:15 Lunch 12:30 Billiards 1:00 Euchre 1:30 Indoor Horseshoes 3:00 Movie No Nov. 4 5:00 Dinner 5:30 Pinochle 6:00 Bingo Bash November 18	9-12: So-Sew Class & open time 9:00 Computer help November 12 & 26 9:15 Woodworking NEW TIME! 10:00: Line Dancing \$2 10:00 Arthritis Exercise <i>*volunteer led</i> 12:15 Lunch 12:30 Billiards 1:00 Bridge 1:00 Watercolor \$12 1:00 Hand & Foot/ Canasta/Rummikub/ Five Crown/Euchre 2:30 Zumba \$5	9:00 Cards/Games 9:00 Aerobics 9:30 Woodworking 10:00 Intermediate Tai Chi 10:00 Five Crown 11:00 Chair Stretch w/ Teri Tubbs 12:15 Lunch 12:30 Billiards 1:00 Bridge 1:00 Shuffleboard 1:15 Bingo <i>Boards \$0.50</i>	9:00 Stretch & Tone \$3 <i>No 11/21</i> 9:00 Rummikub 9:30-11:00 Senior Outreach 9:30 Woodworking 10:00 Meditation 10:00 Rummikub 11:00 Resistance Exercise 12:15 Lunch 12:30 Tabletop Shuffleboard 1:00 Pinochle 1:00 Zumba \$5 1:00 Dominoes



NEW CLASS
Yoga for Better Balance
 Mondays @ 9:15
 Chairs used for support & resistance. You can be seated the entire class if you prefer.
 \$5 per class
 Instructor: Chrisine Calabrese
 Yoga Therapist

These classes are *FREE* to all current members unless a fee is noted next to the class. Signing up in advance is not required unless noted otherwise. All activities are subject to change and cancellation. If a class is cancelled it will be noted at the main entrance as soon as we are notified. Classes that require payment can be paid to the instructor on the day of the class, cash or check (payable to Clarence Senior Center) or sign up in office if indicated.