

# Ongoing Classes & Activities

These classes & activities are included in the Senior Center membership, unless noted otherwise. They are open to all senior center members and may be cancelled some days for special occasions.

<b>KEY</b>	<b>Registration Required</b>	<b>\$\$ - Supply Fee Required</b>	<b>DAILY</b>
<b>ACTIVITY/CLASSES</b>		<b>TIME</b>	<b>LOCATION</b>
<b>Lunch</b>		12pm	Dining Room
Rummikub - <i>On your Own</i>		1:30pm	Dining Room
<b>MONDAY - 8/4, 8/11, 8/18, &amp; 8/25</b>			
Ping Pong		8am-1pm	Ballroom B
Tai Chi/Exercise		9:30am-10:30am	Ballroom A
Computer Class with David-will resume August 18th!		10am	Computer Lab
SLSA Beginner Ballroom Dance		10am	Ballroom C
Crochet & Knitniks Group		10am-12pm	Craft Room
<b>SAIL - Fall Prevention Program-Last day 8/11. Makeup Days: 8/13 &amp; 8/18.</b>		10:30am	Dining Room
<b>NEW! CARDIO DRUMMING (Limited to 10 people. First Come, First Served)</b>		10:30am-11am	Ballroom A
Yoga Breathing		11am	<b>LOCATION CHANGE!</b> Game Room
Jeopardy Trivia		11am	Activity Room
<b>NEW! Chair Yoga</b>		11:15am-11:45am	Ballroom A
Improve Line Dance with Lily		12:30-3pm	Ballroom A
Art with Jeanne		1-2pm	Craft Room
Music Lovers		1pm	<b>LOCATION CHANGE!</b> Game Room
Stronger Memory Program		1-2pm	Activity Room
<b>NEW! Sound Bath/Meditation</b>		1pm-1:45pm	Ballroom C
<b>BALLROOM B CLOSED</b>		1pm-1:45pm	Ballroom B
Badminton		2:30-3:45pm	Ballroom B
<b>TUESDAY - 8/5, 8/12, 8/19, &amp; 8/26</b>			
SLSA Instrument		8am-12pm	Library
Ping Pong		8am-3:45pm	Ballroom B
SLSA Folk Dance Beginner 中文		9-11am	Ballroom A
SLSA Choral Group 中文		9am-12pm	Ballroom C
Chair Exercise - DVD		10:15am	Dining Room
Rummikub - <i>On your Own</i>		10:30am	Hallway
Gentle Exercise - DVD		10:45am	Dining Room
Beginner Line Dance with Hiroko		11am	Ballroom A
ESL		11am	Conference Room
Fit 4 Life w/ Nabeela		11:10-11:45am	Game Room
Advanced Line Dance w/ Hiroko		12pm	Ballroom A
SLSA Instrument		12:15pm	Game Room
SLSA Folk Dance		12:30-2:30pm	Ballroom C
<b>Diamond Art</b>		1-2:45pm	Craft Room
SLSA Choral Group		1pm	Conference Room

ALL CLASSES & ACTIVITIES AND THEIR LOCATIONS ARE SUBJECT TO CHANGE BASED ON CENTER NEEDS.

**WEDNESDAY - 8/6, 8/13, 8/20, & 8/27**

Ping Pong	8am-1:15pm	Ballroom B
Tai Chi/Excercise	9:30am-10:30am	Ballroom A
<b>Ceramics w/ Vince - \$\$</b>	10am-12pm	Craft Room
Party Bridge	10am-12pm	Game Room
Teaching Bridge	10am-12pm	Game Room
<b>SAIL - Fall Prevention Program-Last day 8/11.</b>	10:30am	Dining Room
<b>Shopping Trip - \$\$</b>	10:20am-1:30pm	
American Mahjong	10:30am	Hallway
Yoga Breathing	11am	Ballroom A
Mental Muscle (Wellness Wednesday on 3rd Week)	11:15am	Activity Room
All Ages Read Together - AART	12-2:30pm	Game Room
<b>Advanced Ceramics with Vince - \$\$</b>	12:15-2:15pm	Craft Room
Improve Line Dance with Lily	12:30-3pm	Ballroom A
<b>Feldenkrais Chair-NO CLASS ON 8/20 &amp; 8/27!</b>	12:45-1:30pm	Ballroom C
Computer Lab Help	1pm	Computer Lab
Zumba Gold Class w/ Celia	1:30pm	Ballroom B
Badminton	2:30-3:45pm	Ballroom B
CLOSED FOR MAITENANCE	3-4pm	Ballroom B

**THURSDAY - 8/7, 8/14, 8/21, & 8/28**

Ping Pong	8am-2:45pm	Ballroom B
SLSA Instrument	8am-12pm	Library
SLSA Folk Dance	9am-12pm	Ballroom C
International Mahjongg (GR)	9:30am-2pm	Hallway
Tai Chi	9:30am-12pm	Ballroom A
Chair Exercise - DVD	10:15am	Dining Room
Walking Club - Weather Permitting	10:30am	Lobby
Rx Relax Yoga DVD	10:45am	Dining Room
Fit 4 Life w/ Nabeelah	11:10-11:45am	Game Room
SLSA Instrument	12:15pm	Game Room
<b>Diamond Art</b>	1-2:45pm	Craft Room
ESL	1pm	Conference Room
Stronger Memory Program	1-2pm	Activity Room

**FRIDAY - 8/1, 8/8, 8/15, 8/22, & 8/29**

Ping Pong	8am-2:15pm	Ballroom B
SLSA Adv. Ballroom Dance	9-11am	Ballroom A
<b>Ceramics w/ Vince - \$\$</b>	10am-12pm	Craft Room
Party Bridge	10am-12pm	Game Room
Teaching Bridge	10am-12pm	Game Room
BINGO	10:15am	Dining Room
Morning Word Search	10:15am	Lobby
Yoga Breathing	11am	Ballroom A
Brain Games	11am	Activity Room
Things to Know About Your iPad	12-12:45pm	Game Room
How to Edit Your Pictures on an iPhone	1-1:30pm	Game Room
How to Use AI-Chat GPT	1:45-2:30pm	Game Room
Crossword	1pm	Activity Room
Badminton	2:30-3:45pm	Ballroom B