

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.

DAILY

<u>ACTIVITY/CLASSES</u>	<u>TIME</u>	<u>LOCATION</u>
Lunch	12pm	Dining Room
Rummikub - <i>On your Own</i>	1:30pm	Dining Room

MONDAY - 7/7, 7/14, 7/21, & 7/28

Ping Pong	8am-2:15pm	Ballroom B
Tai Chi/Exercise	9:30am-10:30am	Ballroom A
Computer Class with David	10am	Computer Lab
SLSA Beginner Ballroom Dance	10am	Ballroom C
Crochet & Knitniks Group	10am-12pm	Craft Room
SAIL - Fall Prevention Program	10:30am	Dining Room
Yoga Breathing	11am	Ballroom A
Jeopardy Trivia	11am	Activity Room
All Ages Read Together - AART	12-2:30pm	Game Room
Improve Line Dance with Lily	12:30-3pm	Ballroom A
Art with Jeanne	1-2pm	Craft Room
Music Lovers	1pm	Ballroom C
Stronger Memory Program	1-2pm	Activity Room
Badminton	2:30-3:45pm	Ballroom B

TUESDAY - 7/1, 7/8, 7/15, 7/22, & 7/29

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
Diamond Art	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.

KEY

Registration Required

\$\$ - Supply Fee Required

WEDNESDAY - 7/2, 7/9, 7/16, 7/23, & 7/30

Ping Pong	8am-1:15pm	Ballroom B
Tai Chi/Excercise	9:30am-10:30am	Ballroom A
Ceramics w/ Vince - \$\$	10am-12pm	Craft Room
Party Bridge	10am-12pm	Game Room
Teaching Bridge	10am-12pm	Game Room
SAIL - Fall Prevention Program	10:30am	Dining Room
Shopping Trip - \$\$	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
Advanced Ceramics with Vince - \$\$	12:15-2:15pm	Craft Room
Improve Line Dance with Lily	12:30-3pm	Ballroom A
Feldenkrais Chair	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

THURSDAY - 7/3, 7/10, 7/17, 7/24, & 7/31

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
Diamond Art	1-2:45pm	Craft Room
ESL	1pm	Conference Room
Stronger Memory Program	1-2pm	Activity Room
CLOSED FOR MAITENANCE	3-4pm	Ballroom B

FRIDAY - 7/11, 7/18, & 7/25

Ping Pong	8am-2:15pm	Ballroom B
SLSA Adv. Ballroom Dance	9-11am	Ballroom A
Ceramics w/ Vince - \$\$	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
Crossword	1pm	Activity Room
Badminton	2:30-3:45pm	Ballroom B