

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 - 11/3, 11/10, 11/17, & 11/24

Ping Pong	8-10:15am; 12-12:45pm; 1:45-2:30pm	Ballroom B
NEW! Beginning Ballroom Dance	8am-10am	Ballroom C
Tai Chi/Exercise	9:30am-10:30am	Ballroom A
Crochet & Knitniks Group	10am-12pm	Craft Room
<i>SAIL - Fall Prevention Program—Current Session Is Closed. Must Be registered</i>	10:30am	New! Ballrooms A & B
Yoga Breathing	11am	New! Game Room!
Jeopardy Trivia	11am	Activity Room
ESL w/John R.	11am	Conference Room
BALLROOM B CLOSED	10:15am-12pm	Ballroom B
Improve Line Dance with Lily	12:30-3pm	Ballroom A
Art with Jeanne	1-2pm	Craft Room
<i>Stronger Memory Program—Current Session Is Closed. Must Be registered.</i>	1-2pm	Activity Room
Badminton	2:30-3:45pm	Ballroom B

TUESDAY - 11/18 & 11/25

Instrument	8am-12pm	Game Room
Ping Pong	8am-3:45pm	Ballroom B
NEW! Asian & Pacific Island Folk Dance	8am-10:45	Ballroom A
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	Ballroom C
Advanced Line Dance w/ Hiroko	12pm	Ballroom A
SLSA Instrument	12:15pm	Game Room
Diamond Art	1-2:45pm	Craft Room
NEW! Seated Volleyball	1-2pm	Ballroom C
SLSA Choral Group	1pm	Conference Room

ALL CLASSES & ACTIVITIES AND THEIR LOCATIONS ARE SUBJECT TO CHANGE BASED

WEDNESDAY - 11/5, 11/12, 11/19, & 11/26

Ping Pong	8-10:30am; 12-1:15pm	Ballroom B
NEW! Chorus	9am-12pm	Ballroom C
Tai Chi/Excercise	9:30am-10:30am	Ballroom A
Ceramics w/ Vince - \$\$	10am-12pm	Craft Room
Party Bridge (No Class 10/15-11/20. Class Resumes 11/21!)	10am-12pm	Game Room
Teaching Bridge (No Class 10/15-11/20. Class Resumes 11/21!)	10am-12pm	Game Room
<i>SAIL - Fall Prevention Program—Current Session Is Closed. Must Be registered.</i>	10:30am	New Location! Ballrooms A & B
American Mahjong	10:30am	Hallway
Yoga Breathing	11am	New Location for MW: Game Room!
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
Computer Lab Help (No class 11/5).	1pm	Computer Lab
NEW DAY! Music Lovers	1pm-2pm	Activity Room
Zumba Gold Class w/ Celia	1:30pm	Ballrooms B & C
Badminton	2:45-3:45pm	Ballroom B

THURSDAY - 11/6, 11/13, & 11/20

Ping Pong	8am-3:45pm	Ballroom B
NEW! International Folk Dance	9am-11am	Ballroom C
International Mahjongg (GR)	9:30am-2pm	Hallway
Tai Chi	10:30am-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	Ballroom C
Diamond Art	1-2:45pm	Craft Room
New Day! Computer Lab Help with David	1-2pm	Computer Lab
ESL	1pm	Ballroom C
Stronger Memory Program— <i>Current Session Is Closed. Must Be registered.</i>	1-2pm	Activity Room
NEW! 'Just Dance' Fitness	1-2pm	Ballroom A

FRIDAY - 11/7, 11/14, & 11/21

Ping Pong	8am-2:15pm	Ballroom B
NEW! Asian & Pacific Island Folk Dance	8am-10:45	Ballroom C
SLSA Adv. Ballroom Dance	9-11am	Ballroom A
Ceramics w/ Vince - \$\$	10am-12pm	Craft Room
Party Bridge (No Class 10/15-11/20. Class Resumes 11/21!)	10am-12pm	Game Room
Teaching Bridge (No Class 10/15-11/20. Class Resumes 11/21!)	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