

# 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>
<b>Lunch</b>	12pm	Dining Room
Rummikub - <i>On your Own</i>	1:30pm	Dining Room

## MONDAY - 10/6, 10/13, 10/20, & 10/27

Ping Pong	8-10:15am; 12-12:45pm; 1:45-2:30pm	Ballroom B
<b>NEW! Beginning Ballroom Dance</b>	8am-10am	Ballroom C
Tai Chi/Exercise	9:30am-10:30am	Ballroom A
Crochet & Knitnicks Group	10am-12pm	Craft Room
<i>SAIL - Fall Prevention Program—Current Session Is Closed. Must Be registered</i>	10:30am	<b>New! Ballrooms A &amp; B</b>
<b>NEW! CARDIO DRUMMING (Limited to 15 people. First Come, First Served)</b>	10:30am-11am	Ballroom C
Community Case Manager	10:30am-2pm	Lobby
Yoga Breathing	11am	<b>New! Game Room!</b>
Jeopardy Trivia	11am	Activity Room
<b>NEW! BALLROOM B CLOSED</b>	10:15am-12pm; 12:45-1:45pm; 2:30-4pm	Ballroom B
<b>NEW! Chair Yoga</b>	11:15am-11:45am	Ballroom C
Improve Line Dance with Lily	12:30-3pm	Ballroom A
Art with Jeanne (No Class 10/27)	1-2pm	Craft Room
Stronger Memory Program	1-2pm	Activity Room
<b>NEW! Sound Bath/Meditation</b>	1pm-1:45pm	Ballroom C
Badminton	2:30-3:45pm	Ballroom B

## TUESDAY - 10/7, 10/14, 10/21, & 10/28

<b>NEW! Instrument</b>	8am-12pm	Game Room
Ping Pong	8am-3:45pm	Ballroom B
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
<b>Diamond Art</b>	1-2:45pm	Craft Room
<b>NEW! Seated Volleyball</b>	1-2pm	Ballroom C
SLSA Choral Group	1pm	Conference Room

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

## **WEDNESDAY - 10/1, 10/8, 10/15, 10/22, & 10/29**

Ping Pong	8-10:30am; 12-1:15pm	Ballroom B
<b>NEW! Chorus</b>	9am-12pm	Ballroom C
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
<i>SAIL - Fall Prevention Program—Current Session Is Closed. Must Be registered</i>	10:30am	<b>New Location! Ballrooms A &amp; B</b>
American Mahjong	10:30am	Hallway
Yoga Breathing	11am	<b>New Location for MW: Game Room!</b>
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
Computer Lab Help ( <b>No class 10/8, 10/15, 10/22, 10/29, &amp; 11/5</b> ).	1pm	Computer Lab
<b>NEW DAY!</b> Music Lovers	1pm-2pm	Activity Room
Zumba Gold Class w/ Celia	1:30pm	Ballrooms B & C
Badminton	2:45-3:45pm	Ballroom B

## **THURSDAY - 10/2, 10/9, 10/16, 10/23, & 10/30**

Ping Pong	8am-3:45pm	Ballroom B
<b>NEW! Folk Dance</b>	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
<b>Diamond Art</b>	1-2:45pm	Craft Room
<b>New Day! Computer Lab Help with David</b>	1-2pm	Computer Lab
ESL	1pm	Ballroom C
Stronger Memory Program	1-2pm	Activity Room
<b>NEW! 'Just Dance' Fitness</b>	1-2pm	Ballroom A

## **FRIDAY - 10/3, 10/10, 10/17, 10/24, & 10/31**

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
iPad Help- <b>Please BYO iPad! (Not all apps are available on center iPads)</b>	11:15am	Conference Room
iPhone—Tips, Tricks and Tutorials	12:15pm	Game Room
How to Use AI-Chat GPT	1pm	Game Room
Crossword	1pm	Activity Room
Badminton	2:30-3:45pm	Ballroom B