

# 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>DAILY</b>		
<b><u>ACTIVITY/CLASSES</u></b>	<b><u>TIME</u></b>	<b><u>LOCATION</u></b>
<b>Lunch</b>	12pm	Dining Room
Rummikub - <i>On your Own</i>	1:30pm	Dining Room
<b><u>MONDAY - 9/8, 9/15, 9/22, &amp; 9/29</u></b>		
Ping Pong	8-11am; 12-12:45pm; 1:45-2:30pm	Ballroom B
Tai Chi/Exercise	9:30am-10:30am	Ballroom A
Computer Class with David	10am	Computer Lab
Crochet & Knitniks Group	10am-12pm	Craft Room
SAIL - Fall Prevention Program	10:30am	Dining Room
<b>NEW! CARDIO DRUMMING</b> (Limited to 15 people. First Come, First Served)	10:30am-11am	Ballroom C
Yoga Breathing	11am	Ballroom A
Jeopardy Trivia	11am	Activity Room
<b>NEW! BALLROOM B CLOSED</b>	11am-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	1-2pm	Craft Room
Stronger Memory Program	1-2pm	Activity Room
<b>NEW! Sound Bath/Meditation</b>	1pm-1:45pm	Ballroom C
<b>NEW! Beginning Ballroom Dance</b>	2pm-4pm	Ballroom C
Badminton	2:30-3:45pm	Ballroom B
<b><u>TUESDAY - 9/2, 9/9, 9/16, 9/23 &amp; 9/30</u></b>		
SLSA Instrument	8am-12pm	Library
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 (9/16: Game Room)
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 ON CENTER NEEDS.**

<b><u>KEY</u></b>	<b>Registration Required</b>	<b>\$\$ - Supply Fee Required</b>
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## **WEDNESDAY - 9/3, 9/10, 9/17 & 9/24**

Ping Pong	8am-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 - \$\$ (Self Led 9/3)</b>	10am-12pm	Craft Room
Party Bridge	10am-12pm	Game Room
Teaching Bridge	10am-12pm	Game Room
SAIL - Fall Prevention Program	10:30am	Dining Room
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 - \$\$ (Self Led 9/3)</b>	12:15-2:15pm	Craft Room
Improve Line Dance with Lily	12:30-3pm	Ballroom A
Computer Lab Help	1pm	Computer Lab
<b>NEW DAY! Music Lovers</b>	1pm-2pm	Activity Room
Zumba Gold Class w/ Celia (Class cancelled on 9/3).	1:30pm	Ballrooms B & C
Badminton	2:45-3:45pm	Ballroom B

## **THURSDAY - 9/4, 9/11, 9/18, & 9/25**

Ping Pong	8am-3:45pm	Ballroom B
<b>NEW! Folk Dance (No Class on 9/11)</b>	9am-11am	Ballroom C
International Mahjongg (GR)	9:30am-2pm	Hallway
Tai Chi	10:30am-12pm	Ballroom A
Chair Exercise - DVD- <i>(Cancelled on 9/25 for event)</i>	10:15am	Dining Room
Walking Club - Weather Permitting	10:30am	Lobby
Rx Relax Yoga DVD <i>(Cancelled on 9/25 for event)</i>	10:45am	Dining Room
Fit 4 Life w/ Nabeelah	11:10-11:45am	Ballroom C (except 9/11)
<b>Diamond Art</b>	1-2:45pm	Craft Room
ESL	1pm	Ballroom C
Stronger Memory Program	1-2pm	Activity Room
<b>NEW! 'Just Dance' Fitness</b>	1-2pm	Ballroom A

## **FRIDAY - 9/5, 9/12, 9/19 & 9/26**

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
<b>NEW! CARDIO DRUMMING (Limited to 15 people)</b>	10:30am-11am	Ballroom C
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