

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

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

MONDAY - 2/2, 2/9, & 2/23

Ping Pong	8-10:15am; 12-12:45pm; 1:45-2:30pm	Ballroom B
Beginning Ballroom Dance	8am-10am	Ballroom C
Tai Chi/Exercise	9:30am-10:30am	Ballroom A
Crochet & Knitniks Group	10am-12pm	Craft Room
Community Case Manager	10:30am-2pm	Lobby
Yoga Breathing	11am	Game Room
Jeopardy Trivia <i>(No Jeopardy Trivia on 2/23)</i>	11am	Activity Room
ESL	11am	Conference Room
BALLROOM B CLOSED	10:15am-12pm; 2:30-4pm	Ballroom B
Improve Line Dance with Lily	12:30-3pm	Ballroom A
Mixed Media Art	1-2pm	Craft Room
Badminton	2:30-3:45pm	Ballroom B

TUESDAY - 2/3, 2/10, 2/17, & 2/24

Instrument	8am-12pm	Game Room
Asian and Pacific Islander Folk Dance	8am-10:45am	Ballroom A
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
Fit 4 Life w/ Nabeela	11:10-11:45am	Ballroom C
Advanced Line Dance with Hiroko	12pm	Ballroom A
Instrument	12:15pm	Game Room
<i>Diamond Art</i>	1-2:45pm	Craft Room
Feldenkrais <i>(No Class 2/10 & 2/17)</i> .	1-2pm	Ballroom C
Choral Group	1pm	Conference Room

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

WEDNESDAY - 2/4, 2/11, 2/18, & 2/25

Ping Pong	8-10:30am; 12-1:15pm	Ballroom B
Chorus	9am-12pm	Ballroom C
Tai Chi/Excercise	9:30am-10:30am	Ballroom A
Ceramics w/ Vince - \$\$	10am-12pm	Craft Room
Party Bridge	10am-12pm	Library
Teaching Bridge	10am-12pm	Library
American Mahjong	10:30am	Hallway
Yoga Breathing	11am	Game 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	1pm	Computer Lab
Music Lovers	1pm-2pm	Activity Room
Zumba Gold Class w/Celia	1:30pm	Ballrooms B & C
Badminton	2:45-3:45pm	Ballroom B

THURSDAY - 2/5, 2/12, 2/19, & 2/26

Ping Pong	8am-3:45pm	Ballroom B
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
ESL	1pm	Conference Room
'Just Dance' Fitness	1-2pm	Ballroom A

FRIDAY - 2/6, 2/13, 2/20, & 2/27

Ping Pong	8am-2:15pm	Ballroom B
Asian and Pacific Islander Folk Dance	8am-10:45am	Ballroom C
Advanced 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