

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
<u>MONDAY - 3/2, 3/9, 3/16, 3/23, & 3/30</u>		
Ping Pong	8-10:15am;12-2:30pm	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
S.A.I.L. (Staying Active & Independent for Life)	10:30-11:30am	Ballrooms A & B
Community Case Manager	10:30am-2pm	Lobby
Yoga Breathing	11am	Game Room
Jeopardy Trivia (<i>not on 3/16 or 3/30</i>)	11am	Activity Room
ESL	11am	Conference Room
BALLROOM B CLOSED	10:15am-12pm	Ballroom B
Improve Line Dance	12:30-3pm	Ballroom A
Mixed Media Art	1-2pm	Craft Room
Stronger Memory Program	1-2pm	Activity Room
Badminton	2:30-3:45pm	Ballroom B
<u>TUESDAY - 3/3, 3/10, 3/17, 3/24, & 3/31</u>		
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	11am	Ballroom A
Fit 4 Life	11:10-11:45am	Ballroom C
Advanced Line Dance	12pm	Ballroom A
Instrument	12:15pm	Game Room
Diamond Art	1-2:45pm	Craft Room
Feldenkrais	1-2pm	Ballroom C
Choral Group	1pm	Conference Room

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

WEDNESDAY - 3/4, 3/11, 3/18, & 3/25

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 - \$\$	10am-12pm	Craft Room
Party Bridge	10am-12pm	Library
Teaching Bridge	10am-12pm	Library
American Mahjong	10:30am	Hallway
S.A.I.L. (Staying Active & Independent for Life)	10:30-11:30am	Ballrooms A & B
Yoga Breathing	11am	Game Room
All Ages Read Together - AART	12-2:30pm	Game Room
Advanced Ceramics - \$\$	12:15-2:15pm	Craft Room
Improve Line Dance	12:30-3pm	Ballroom A
Computer Lab Help	1pm	Computer Lab
Music Lovers	1pm-2pm	Activity Room
Zumba Gold Class	1:30pm	Ballrooms B & C
Badminton	2:45-3:45pm	Ballroom B

THURSDAY - 3/5, 3/12, 3/19, & 3/26

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	10:45am	Dining Room
Fit 4 Life	11:10-11:45am	Ballroom C
Diamond Art	1-2:45pm	Craft Room
ESL	1pm	Conference Room
Stronger Memory Program	1-2pm	Activity Room
'Just Dance' Fitness	1-2pm	Ballroom A

FRIDAY - 3/6, 3/13, 3/20, & 3/27

Ping Pong	8am-2:15pm	Ballroom B
Asian and Pacific Islander Folk Dance	8am-10:15am	Ballroom C
Advanced Ballroom Dance	9-11am	Ballroom A
Ceramics - \$\$	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
Zumba (<i>Newly Added Class!</i>)! No Class on 3/13.	10:45-11:45am	Ballroom C
Yoga Breathing	11am	Ballroom A
Brain Games	11am	Activity Room
Crossword	1pm	Activity Room
Badminton	2:30-3:45pm	Ballroom B