

Health and Wellness Classes / Programs

PLEASE CHECK CALENDAR FOR CHANGES!

Activity	Day	Time	Cost
Arthritis Exercise Class with Hanh	Mondays	11:15 a.m.	Free
Badminton	Mondays Wednesdays	2-3:45 p.m. 2:15 -3:45 p.m.	Free
Blood Pressure Clinics w. Kerry	Second Tuesday	10-11 a.m.	Free
Chair Exercise w/Donna Live or DVD	Wednesdays Fridays	9:30 a.m.	Free
Chinese Folk Dance	Tuesdays – <i>Beginner</i> Thursdays - <i>Advanced</i>	9:30-12 p.m..	Free
Fit 4 Life - Chair Exercise	Mondays Thursdays	10:15-10:45 a.m.	Free
Gentle Exercise & Strength Live or DVD Gentle Exercise & Balance Live or DVD <i>For all levels of ability</i>	Tuesdays Fridays	11:15 a.m. 1 p.m.	Free
Line Dance - Very Beginner DVD	Wednesdays	1- 2 p.m.	Free
Line Dance with Hiroko - <i>Starting 9/13</i>	Tuesdays: <i>Beginner</i> Thursdays: <i>Intermediate</i>	12:45-1:45 p.m.	P/RR
Mental Muscle or You be the Judge	Mondays & Fridays	11 a.m.	Free
Nutritionist <i>Tips and tricks to healthy eating</i>	Monthly 10/17	1 p.m.	Free
Ping Pong Tables	Mondays Tuesdays Thursdays Fridays	9 a.m.-10:45 a.m. 9 a.m.-3:45 p.m. 12:30-3:45 p.m. 9 a.m.-3:45 p.m.	Free
RX Relax Yoga with Sasha or Kathy	Thursdays	10:45-11:15 a.m.	Free
S.A.I.L. Exercise Stay Active and Independent for Life	Mondays/ Wednesdays/Fridays	10:15 a.m..	Free/RR
Safety with Wyleng Fire & Rescue Department	3 rd Monday	1 p.m.	Free
Tai Chi / Exercise	Mondays & Wednesdays	9:30 -10:30 a.m.	Free
Walking Club <i>Weather permitting</i>	Wednesdays	11 a.m.	Free
Yoga Breathing, Exercise & Laughing DVD	Mondays, Wednesdays, Fridays	11:15 a.m.	Free
Zumba Gold with Celia	Wednesdays	1:30-2:30	P/RR

Arts, Games, and Recreation

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Activity	When	Time	Cost
American Mahjongg <i>On your own</i>	Wednesdays	10:30-11:55 a.m.	Free
Art Class with Charlie Acrylic painting for all levels	Tuesdays Sept-Nov.	10 a.m.-12 noon	P+S/RR
Ceramics Class If needed, clay refill: \$15/25lb bag.	Wednesdays Start date to be decided	10 a.m.-12:30 p.m.	P+S/RR
Greeting Cards with Ruth	Fridays	1-2 p.m.	Free/RR
Jewelry Class	Quarterly	1-2:45 p.m.	S/RR
Bingo <i>Bring a prize to play</i>	Fridays	10:15 a.m.	Free
Chess Club <i>In October if interest shown</i>	Wednesdays	12:30 p.m.	Free/RR
Senior Center Book Club with Monica	First Thursday	3 p.m.	Free
Cooking Fun with John	1 st & 2 nd Friday 9/10, 9/24	1 p.m.	Free
Crochet & Knitkniks Group	Mondays Starting September 13	10 a.m.- 12 noon	Free
Crossword	Fridays	1 p.m.	Free/H
Current Events/Cranium Crunches	Tuesdays	10:30 a.m.	Free
International Mahjongg <i>On your own</i>	Thursdays	9:30 a.m. – 2 p.m.	Free
Party Bridge <i>On your own</i>	Wednesdays & Fridays	10 a.m. - noon	Free/RR
Tea & Snippets with Jeanne	Tuesdays Start date to be decided	1 p.m.	Free
Rummikub <i>On your own</i>	Tuesdays	10:30 a.m. & 1 p.m.	Free
Music Lovers Unite	Bi-weekly 9/8 & 9/22	1-2 p.m.	Free/H

RR	Registration Required.
H	Hybrid. Classes will be live streamed to or from the center.
P	This is a PAID class, payable with punch card only.
S	SUPPLY fee <u>only</u> may apply.
P+S	This is a PAID class, payable with punch card only. SUPPLY fee may apply.
Punch Card	Used to pay for attendance of paid classes. Available for purchase at the front desk. \$5 for 8 classes.
中文	Instruction in Chinese and by demonstration. Bilingual participants may be available to translate

We don't want you to be disappointed!

Sign up one week prior to the start date of a class in order for the class to be held.

Learning and Skills Development

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Activity	When	Time	Cost
iPad Class in Chinese w. Shosha	Tuesdays 9/15 and 9/29	1 p.m.	Free/H
Computer Lab Help with John	Wednesdays	11 a.m.	Free
ESL: Advanced	Tuesdays	11 a.m.	Free
ESL: Beginners	Thursdays Start date to be decided	11 a.m.	Free
ESL: Conversation with Jeanne	Thursdays	1 p.m.	Free
Spanish with Gary	Mondays	10:30 a.m.-12 noon Intermediate 12:30-2 p.m. Basic	Free

- Many classes are FREE, others have PAID instructors.
- PAID classes - purchase a punch card to pay for your attendance in ANY paid class.
- Sign-up is still required for classes marked RR.
- Punch cards: \$5 for ANY 8 classes, paid by cash or check.
- Some arts and craft classes have a SUPPLY FEE.
- SUPPLY FEES are paid in advance by cash only.
- Punch cards cannot be used for supplies.

Community Partner Use

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Activity	When	Time	Cost
Social & Line Dance mikebailey@aol.com	Wednesdays.	6:30-9:30 p.m.	Free
English Country Dance Group*	Saturdays Starting January 2022	6-10 p.m.	Fees may apply
Social Swing Dance* Interm. to Adv. Herdonsocialdancers@gmail.com	Two Sundays per month	5 -8 p.m.	Fees may apply
Rising Phoenix Performers csinger13@verizon.net, 703-415-6218	Tuesdays: Choir Thursdays: Dancers	5:30-9 p.m. 4:15-8 p.m.	Music fee RR
Round Dance	Mondays	7:30-9:30 p.m.	Fees may apply
Chinese History and Culture	Bi-weekly Saturdays Starting September 18	6-9 p.m.	Free
Square Dance Groups dick@dickotis.com, 703-402-2005	Tuesdays through Sundays	Times vary	Fees may apply