

Monday

9:00 Open Art Studio
9:00 Basic Hula Hoop
10:00 Quilting Group
10:00 Sit & Be Fit w/Ed
10:30 Computer iPad (Check for schedule)
11:00 Cardio Sculpt w/Lisa
12:30 Advanced Mahjong
12:45 Tai Chi w/Bob
1:00 Bingo

Tuesday: **9:00** Arthritis Exercise w/ Sue

10:00 Beginner Drawing
10:00 Mighty Muscles w/Charlene
11:00 Chair Yoga w/Ed
12:00 Zumba Gold w/Fran
12:30 Advanced Drawing
1:00 Country Line Dancing
1:00 Hi-Low Jack/ Bridge
1:30 Computer Lessons
2:00 Intermediate Line Dancing
10:30 Blood Pressure every 1st

Wednesday: **9:00** Bridge Lessons(\$7)

9:00 Ballroom Dancing w/ Fran
10:00 Irma's Workout with Irma
10:00 Social Bridge w/Clint
10:00 Water Color Class (\$3) with Alice
11:00 Beginner Line Dance with Karen
12:00 Line Dancing with Karen
1:00 Bingo
1:30 Brains & Balance w/Sue
1:00 Hair Dresser Julie-Appointments required
10-11:30 Blood Pressure Clinic every 4th

Thursday **9:00** Mighty Muscles w/Charlene

9:30 Mah jong lessons
10:00 Movement for Wellness w/ Ed
11:30 Beginner Zumba w/Sue
1:00 Meditation Class w/Barbara
1:00 Knitting and Crochet Circle
1:00 Cribbage
10:00 Overeaters Anonymous Group
10:30 Alzheimer's support Group every 3rd

Friday:

9:30 Acrylic Art
10:00 Yoga w/Ed
11:00 Cardio Strength w/Lisa
12:30 Cards
1:00 Arthritis Class w/Sue
3:00 Ukulele w/Georgina

Insight Support Group every 2nd

Personal Training By Appointment