

SENIOR CENTER AUGUST ACTIVITY SCHEDULE

MONDAY - FRIDAY (8 AM - 4 PM)

Date	Location	Activity	Time	Member Fees
Monday	Main Hall	Beginner Line Dancing	9 AM - 10 AM	\$20 \$25 (*Monthly)
Monday	Main Hall	Improver Line Dancing	10:15 AM - 11:15 AM	\$20 \$25 (*Monthly)
Monday	Main Hall	Stretch for Yoga	11:30 AM - 12:30 PM	\$2.50 \$3.50
Monday	Main Hall	Balance	12:45 PM - 1:45 PM	\$2.50 \$3.50
Monday	Main Hall	Yoga On A Mat	2 PM - 3 PM	\$2.50 \$3.50
Monday	Arts & Craft Room	Bridge	1 PM - 4 PM	\$1 \$2
Monday	Pool Room	Billiards	8 AM - 4 PM	\$1.50 \$3

Tuesday	Main Hall	Zumba Gold	8:30 AM - 9:30 AM	\$2.50 \$3.50
Tuesday	Main Hall	Silver Sneakers Classic	10 AM - 11 AM	\$2.50 \$3.50
Tuesday	Arts & Crafts Room	Book Club (4th Tuesday)	10:30 AM - 12 PM	\$1 \$2
Tuesday	Arts & Crafts Room	Pinochle	12:30 PM - 4 PM	\$1 \$2
Tuesday	Card Room	Cribbage	1 PM - 2 PM	\$1 \$2
Tuesday	Main Lobby	Knitting Group	10 AM - 12:30 PM	\$1 \$2
Tuesday	Pool Room	Billiards	8 AM - 4 PM	\$1.50 \$3

Wednesday	Main Hall	Yoga & More	9 AM - 10 AM	\$2.50 \$3.50
Wednesday	Main Hall	Silver Sneakers EnerChi	10:30 AM - 11:30 AM	\$2.50 \$3.50
Wednesday	Main Hall	Balance	1:30 PM - 2:30 PM	\$2.50 \$3.50
Wednesday	Arts & Crafts Room	Quilting	9 AM - 12 PM	\$1 \$2
Wednesday	Card Room	Mah Jongg	12:30 PM - 4 PM	\$1 \$2
Wednesday	Pool Room	Billiards	8 AM - 4 PM	\$1.50 \$3

Thursday	Main Hall	Zumba Gold	8:30 AM - 9:30 AM	\$2.50 \$3.50
Thursday	Main Hall	Silver Sneakers Classic	10 AM - 11 AM	\$2.50 \$3.50
Thursday	Arts & Crafts Room	Quilting	9:30 AM - 12:30 PM	\$5 \$7
Thursday	Arts & Crafts Room	Bridge	1 PM - 4 PM	\$1 \$2
Thursday	Main Lobby	Fiber Arts Group	9:30 AM - 10:30 AM	\$1 \$2
Thursday	Main Lobby	Ukulele	2 PM - 4 PM	\$1 \$2
Thursday	Pool Room	Billiards	8 AM - 4 PM	\$1.50 \$3

Friday	Main Hall	Yoga & More	9 AM - 10 AM	\$2.50 \$3.50
Friday	Main Hall	Floor Class	10:30 AM - 11:30 AM	\$2.50 \$3.50
Friday	Main Hall	Strength Training	1:30 PM - 2:30 PM	\$2.50 \$3.50
Friday	Arts & Crafts Room	Guitar	8:30 AM - 9:30 AM	\$1 \$2
Friday	Arts & Crafts Room	Advance Guitar	10 AM - 11 AM	\$1 \$2
Friday	Arts & Crafts Room	Beginners Bridge	2 PM - 4 PM	\$1 \$2
Friday	Card Room	Arts & Crafts Workshop	12 PM - 2 PM	\$5 \$7
Friday	Pool Room	Billiards	8 AM - 4 PM	\$1.50 \$3