

OCTOBER 2024

(609) 799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	8:30 Strength - Kelly (activity room) 9:00-3:00 AARP SAFE DRIVING COURSE (double classroom) 9:30 Yoga- Ria (activity room) 9:00 Spanish 1 - Nelida (library/ZOOM) \$\$\$\$ 10:00 Spanish 2- Nelida (library/ZOOM) \$\$\$\$ 11:30 Chair, Stretch & Tone - Lisa (activity room)	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) \$\$\$\$	FLU CLINIC 10:00AM-1:00PM (activity room) 10:00 Art of Watercolor - Margaret (double classroom)\$\$\$\$ 1:00 Investment Group (double classroom)	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dance Class (activity room)
7	8	9	10	11
9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting -Zakia (double classroom) \$\$\$\$ 11:30 Strength -Ed (activity room) 1:00 - 3:00 Session 8 - H.O.P.E. (library)	8:30 Strength - Kelly (activity room) 9:30 Yoga- Ria (activity room) 9:00 Spanish 1 - Nelida (library/ ZOOM) \$\$\$\$ 10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$\$\$ 11:30 Chair, Stretch & Tone - Lisa (activity room) 1:00 Bingo (double classroom)	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 10:00 Balance Screening 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) FLU CLINIC 4:00pm-6:00pm (activity room)	8:15 Total Body Toning - Vin (activity room) 9:30 Yoga - Mireille (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$\$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$\$\$	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dance Class (activity room) 11:00 Strength - Anna ZOOM 2:00 Music Appreciation (activity room)
14	15	16	17	18
SENIOR CENTER CLOSED	8:30 Strength - Kelly (activity room) 10:00 Medicare Fraud Lecture (activity room) 9:00 Spanish 1- Nelida (library/ZOOM) \$\$\$\$ 10:00 Spanish 2 - Nelida (library/ZOOM) \$\$\$\$ 11:30 Chair, Stretch & Tone - Lisa (activity room)	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 10:00 Balance - Anna ZOOM 10:00 Bone Density Screening SHIP Counselor 11:30, 12:30, 1:45, 2:45 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) \$\$\$\$ 3:15 Tech-Mate Program	8:15 Total Body Toning - Vin (activity room) 9:30 Yoga - Mireille (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$\$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 2:30 FOWWSC Meeting (double classroom) 1:00 Zumba - Vin (activity room) \$\$\$\$	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dance Class (activity room) 11:00 Strength - Anna ZOOM 1:00 City Winds Orchestra Concert
21	22	23	24	25
9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting- Zakia (double classroom) \$\$\$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 10 - H.O.P.E. (library)	8:30 Strength - Kelly (activity room) 9:00 Spanish 1 -Nelida (library/ZOOM) \$\$\$\$ 9:30 Yoga- Ria (activity room) 10:00 Spanish 2 -Nelida (library/ ZOOM) \$\$\$\$ 10:00 Healthy Habits Bingo- Health Dept (double classroom) 11:00 Blood Pressure Screening 11:30 Chair, Stretch & Tone - Lisa (activity room)	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) SHIP Counselor 11:30, 12:30, 1:45, 2:45 10:00 Memory Screening 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) \$\$\$\$	8:15 Total Body Toning - Vin (activity room) 9:30 Yoga- Mireille (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$\$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$\$\$	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dance Class (activity room) 1:00 Fire Safety for Seniors Lecture (activity room)
28	29	30	31	
9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting - Zakia (double classroom) \$\$\$\$ 11:30 Strength - Ed (activity room)	8:30 Strength - Kelly (activity room) 9:00 Spanish 1-Nelida (library/ ZOOM) \$\$\$\$ 9:30 Yoga- Ria (activity room) 10:00 Spanish 2 -Nelida (library/ ZOOM) \$\$\$\$ 11:30 Chair, Stretch & Tone - Lisa (activity room) 1:00 Bingo (double classroom) 2:00 Book Club (library)	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) SHIP Counselor 11:30, 12:30, 1:45, 2:45 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) \$\$\$\$	8:15 Total Body Toning - Vin (activity room) 9:30 Yoga-Mireille (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$\$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$\$\$	