OCTOBER 2024

(609) 799-9068

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