



## Recurring Classes

<b>Fitness</b>	<b>Fee</b>	<b>Day</b>	<b>Time</b>
Beginning Tai Chi	\$3.00	Monday	11:00 AM
Better Balance	\$3.00	Tues/Thurs	2:00 PM
Bone Builders	\$3.00	Friday	2:00 PM
Build Your Brain	\$15/Series	Tuesday	9:00 AM
Cardio Drumming	\$3.00	Wednesday	11:00 AM
Chair Aerobics	\$3.00	Wed/Fri	10:00/11:00 AM
Chair Yoga	\$3.00	Tuesday	11:00 AM
Conditioning with Confidence	\$3.00	Mon/Thurs	9:00 AM
Core Conditioning: Pilates Plus	\$3.00	Thursday	11:00 AM
Gentle Mat Yoga	\$3.00	Thursday	1:00 PM
Hula Class/Practice	3/Free	Tuesday	12:00 PM
Intro to Tai Chi	\$3.00	1st Monday	12:00 PM
Line Dance - Beginning	\$3.00	Wednesday	12:30 PM
Line Dance - Advanced	\$3.00	Wednesday	1:30 PM
Line Dance Practice - Member Lead	\$1.00	Friday	10:00 AM
Mindful Meditation	\$20.00/Series	Wednesday	9:00 AM
Moving with Parkinson's	Free	Friday	12:30 PM
Ping Pong	\$1.00	Tues/Thurs	1:00 PM
Stretch & Tone	\$3.00	Tues/Thurs	10:00 AM
Walk to the WOW	\$3.00	Mond/Fri	1:00 PM/9:00 AM

<b>Recreation/Games</b>	<b>Fee</b>	<b>Day</b>	<b>Time</b>
Bingo	Free	Mon/Wed	1:00 PM
Bridge	Free	Friday	12:30 PM
Euchre	Free	Mon/Wed	1:00 PM
Hand & Foot	Free	Friday	11:00 AM
Beginning Mah Jongg	\$20.00	Wednesday	9:00 AM
Mah Jongg	Free	Tues/Thurs	1:00 PM
Mah Jongg	Free	Wednesday	9:00 AM
Movie Matinee	Free	3rd Friday	1:00 PM
Pinochle	Free	Thursday	1:00 PM
Pool	\$1.00	Mon-Fri	All Day

<b>Arts</b>	<b>Fee</b>	<b>Day</b>	<b>Time</b>
Art with Joy	\$15.00	Monday	10:00 AM
Build it Fly it	\$1.00	Friday	10:00 AM
Open Art Studio	\$1.00	Tuesday	10:00 AM
Quilting	\$10.00	Thursday	1:00 PM
Story Teller Series	Free	1st Wed (quarterly)	11:15 AM
Woodcarving	\$1.00	Wednesday	10:00 AM
Yarn & Stitches	Free	Tuesday	9:00 AM

<b>Learning</b>	<b>Fee</b>	<b>Day</b>	<b>Time</b>
Book Club	Free	3rd Thurs	12:00 PM
Healthy Eating for Life	Free	4th Mon	10:00 AM
Memory Writers	Free	2nd Thurs	12:00 PM
Tech 1:1	Free	1st/3rd Thurs	Appointment

<b>Support</b>	<b>Fee</b>	<b>Day</b>	<b>Time</b>
Caregiver Support Group	Free	Thursday	1:00 PM
Hearing Clinic	Free	3rd Wed	Appointment
Legal Clinic	Free	3rd Thurs	Appointment