

Senior Activities

Activity	Day	Time
Early Morning Exercise Class Community Room	Monday, Wednesday, Friday	9:15 am No Fee
Sit, Strength & Strengthen Community Room	Mondays	10:30 am \$33.00 for 5 week session
Balance & Core Class Community Room	Tuesdays	10:30 am \$25.00 for 5 week Session
Chair Yoga Community Room	Thursdays	10:00 am No Fee
Mahjong Comfort Room	Thursdays Fridays	11am to 12pm 10am to 12pm
Canasta Comfort Room	Wednesdays (Except last Wednesday of the month)	1:30 pm
Shanghai Rummy Arts & Crafts Room	Thursdays	1:30 pm
Mexican Train Game Arts & Crafts Room	Fridays	1:30 pm
Book Club Comfort Room	Last Wednesday of the Month	1:30 pm
Gardening Club Arts & Crafts Room	2 nd & 4 th Thursday of the Month	1:30 pm
Bingo Community Room	Friday (Dates TBD)	1:30 pm
Drama Club Community Room	Twice a month (Dates TBD)	1:30pm
Art Club Arts & Crafts Room	Mondays & Tuesdays	10:15 am

*** Please note all activities and room locations are subject to change or cancellation depending on Senior Center closures or special circumstances.**