

WEEK 1

Schedule and classes

1 Tuesday

10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

2 Wednesday

8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo
2:30 p.m. The Balancing Act
3 Thursday
9:30 a.m. Stretch Flow

4 Friday

WEEK 2

7 Monday

8:30 a.m. Sr Exercise
10 a.m. Chair Yoga
12:30 p.m. Sr Musical Bingo

8 Tuesday

8:30 a.m. All Levels Yoga
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

9 Wednesday

8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo
2:30 p.m. The Balancing Act
10 Thursday
9:30 a.m. Stretch Flow
10 a.m. Bracelets for Beg.
4 p.m. Sketching Still Life \$

11 Friday

8:30 a.m. Sr Exercise
8:30 a.m. Ageless Yoga
12:30 p.m. Sr Musical Bingo

WEEK 3

14 Monday

8:30 a.m. Sr Exercise
10 a.m. Chair Yoga
12:30 p.m. Sr Musical Bingo

15 Tuesday

8:30 a.m. All Levels Yoga
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

16 Wednesday

8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo
2:30 p.m. The Balancing Act
5:30 p.m. Fitness Talk
17 Thursday
9:30 a.m. Stretch Flow
4 p.m. Sketching Still Life \$

18 Friday

8:30 a.m. Sr Exercise
8:30 a.m. Ageless Yoga
12:30 p.m. Sr Musical Bingo

WEEK 4

21 Monday

8:30 a.m. Sr Exercise
10 a.m. Chair Yoga
12:30 p.m. Sr Musical Bingo
5 p.m. All About Sharks

22 Tuesday

8:30 a.m. All Levels Yoga
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

23 Wednesday

8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo
2:30 p.m. The Balancing Act
24 Thursday
9:30 a.m. Stretch Flow
11 a.m. Drawing for Beg.
4 p.m. Sketching Still Life \$

25 Friday

8:30 a.m. Sr Exercise
8:30 a.m. Ageless Yoga
12:30 p.m. Sr Musical Bingo

WEEK 5

28 Monday

8:30 a.m. Sr Exercise
10 a.m. Chair Yoga
12:30 p.m. Sr Musical Bingo

29 Tuesday

8:30 a.m. All Levels Yoga
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor \$

30 Wednesday

8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo
2:30 p.m. The Balancing Act
31 Thursday
9:30 a.m. Stretch Flow
4 p.m. Sketching Still Life \$