



October | 2025

WEEK 1

[Click here to access classes](#)

1 Wednesday

8:30 a.m. Sr Exercise

12:30 p.m. Sr Bingo

2 Thursday

8:30 a.m. Stretch & Mobility

4 p.m. Sketching Still Life \$

3 Friday

8:30 a.m. Sr Exercise

8:30 a.m. Ageless Yoga

12:30 p.m. Sr Musical Bingo

WEEK 2

6 Monday

8:30 a.m. Sr Exercise

10 a.m. Chair Yoga

12:30 p.m. Sr Musical Bingo

2 p.m. Meditation Monday

7 Tuesday

8:30 a.m. All Levels Yoga

10 a.m. Sr Mindfulness 2.0

11 a.m. Sr Watercolor \$

8 Wednesday

8:30 a.m. Sr Exercise

12:30 p.m. Sr Bingo

5 p.m. Cave Critters

9 Thursday

8:30 a.m. Stretch & Mobility

4 p.m. Sketching Still Life \$

10 Friday

8:30 a.m. Sr Exercise

8:30 a.m. Ageless Yoga

12:30 p.m. Sr Musical Bingo

WEEK 3

13 Monday

8:30 a.m. Sr Exercise

10 a.m. Chair Yoga

12:30 p.m. Sr Musical Bingo

2 p.m. Meditation Monday

14 Tuesday

8:30 a.m. All Levels Yoga

10 a.m. Sr Mindfulness 2.0

11 a.m. Sr Watercolor \$

15 Wednesday

8:30 a.m. Sr Exercise

12:30 p.m. Sr Bingo

16 Thursday

8:30 a.m. Stretch & Mobility

4 p.m. Sketching Still Life \$

17 Friday

8:30 a.m. Sr Exercise

8:30 a.m. Ageless Yoga

12:30 p.m. Sr Musical Bingo

WEEK 4

20 Monday

8:30 a.m. Sr Exercise

10 a.m. Chair Yoga

12:30 p.m. Sr Musical Bingo

2 p.m. Meditation Monday

21 Tuesday

8:30 a.m. All Levels Yoga

10 a.m. Sr Mindfulness 2.0

11 a.m. Sr Watercolor \$

22 Wednesday

8:30 a.m. Sr Exercise

12:30 p.m. Sr Bingo

23 Thursday

8:30 a.m. Stretch & Mobility

4 p.m. Sketching Still Life \$

24 Friday

8:30 a.m. Sr Exercise

8:30 a.m. Ageless Yoga

12:30 p.m. Sr Musical Bingo

WEEK 5

27 Monday

8:30 a.m. Sr Exercise

10 a.m. Chair Yoga

12:30 p.m. Sr Musical Bingo

2 p.m. Meditation Monday

28 Tuesday

8:30 a.m. All Levels Yoga

10 a.m. Sr Mindfulness 2.0

11 a.m. Sr Watercolor \$

29 Wednesday

8:30 a.m. Sr Exercise

12:30 p.m. Sr Bingo

30 Thursday

8:30 a.m. Stretch & Mobility

31 Friday

8:30 a.m. Sr Exercise

8:30 a.m. Ageless Yoga

12:30 p.m. Sr Musical Bingo