

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Open Play Pickleball 8:30-11:30am (NR)(CC)\$ Candelabra Pottery 8:30-10am \$ Senior Exercise w/Karee 9-9:45am (NR)\$ AEA Arthritis Exercise 11am-12pm Cards & Games 1-4pm ESL High Level Beginner 1-2:30pm \$ Dominoes & Mah Jongg 1-4pm	2 Senior Center Open 9am-3pm
3	4 Senior Center Closed	5 Open Play Pickleball 8:30-11:30am(NR)(CC) \$ Senior Exercise w/Kendall 9-9:45am (NR) \$ Art w/ Wade-Painting Seascapes I 9:30-11:30am \$ Tuesday Bridge 10am-12:30pm Jump Start to Spanish Part II 10:30am-12:30pm \$ Zumba Gold 11am-12pm \$ Autumn Samplers Handmade Cards 1-3pm \$ Mini Jack O'Lanterns 1-2:30pm \$ Jump Start to Spanish Part I 1:30-3:30pm \$ Energy Everywhere 3-4pm \$ Happy Feet Beginner 6:15-7pm \$ Partner Swing Era Dancing 7-7:45pm \$	6 Open Play Pickleball 8:30-11:30am(NR)(CC) \$ Beginning Handbuilding 8:30-10am \$ Wii Bowling 8:30-10:30am Tai Chi/Qi Gong 9-9:45am \$ Senior Exercise w/Beth 10-10:45am(NR) \$ Yoga Intermediate 10:15-11:15am \$ Barre 11-11:45am \$ Chair Yoga 11:30am-12:30pm \$ Quilting Club 11:45am-2:45pm History w/Wade – Greece 12:30-2:30pm \$ Intermediate Wheel 1-2:30pm \$ Genealogy Group 1-3pm Bingo 1-3pm Chair Yoga 1:30-2:30pm \$ Intermediate Yoga at Night 5:15-6:15pm \$	7 Open Play Pickleball 8:30-11:30am(NR)(CC) \$ Coffee & Conversations 9:30-10:30am Stitch & Hook 10am-12pm Cooking w/Chris Baz 10am-12pm \$ Zumba Gold 11am-12pm \$ Thursday Bridge 12-2:30pm Coiled Luminaries 1-2:30pm \$ Intro to Smartphones 1:30-3:30pm Learn to Play Mah Jongg 2:30-5pm	8 Open Play Pickleball 8:30-11:30am (NR)(CC) \$ Candelabra Pottery 8:30-10am \$ Senior Exercise w/Karee 9-9:45am (NR) \$ Paper Crafters 9am-3pm Beginner Line Dancing 9-10am \$ Writers Club 10am-12:30pm Beginner Plus Line Dancing 10:15-11:15am \$ Intermediate Line Dancing 11:30am-12:30pm\$ 5 Minute Legacy Love Letter 11am-12:30pm Advanced Wheel 1-2:30pm \$ Introduction to Pickleball 1-2:30pm Cards & Games 1-4pm ESL High Level Beginner 1-2:30pm \$ Dominoes & Mah Jongg 1-4pm	9 Senior Center Open 9am-3pm
10	11 Open Play Pickleball 8:30-11:30am(CC)(NR) \$ Senior Exercise w/Maureen 10-10:45am (NR) \$ Yoga Beginner 10:15-11:15am \$ Pilates 11-11:45am \$ Science w/Harry Neanderthals 11am-12pm Learn to play Bridge 11am-1pm \$ Pop Up Painting 11am-1pm Sculpting a New You 1-2pm \$ Beginner Wheel 1-2:30pm \$ Dominoes / Mah Jongg 1-4pm Open Cards & Games 1-4pm Intermediate Tap Dancing 2-3pm Peak City Singers 2-3:30pm \$ Beginner Tap Dancing 3-4pm Pound Fitness 5:30-6:30pm \$ Tai Chi Basics 5:30-6:30pm \$ Trivia Night 6-7pm Zumba w/Sassy J 6:45-7:45pm	12 Open Play Pickleball 8:30-11:30am (NR)(CC) \$ Senior Exercise w/Kendall 9-9:45am (NR) \$ ASL 9:15-10am \$ Art w/ Wade-Painting Seascapes I 9:30-11:30am \$ Strength Training 10-10:45am \$ Tuesday Bridge 10am-12:30pm Jump Start to Spanish Part II 10:30am-12:30pm \$ Zumba Gold 11am-12pm \$ Steel Strong 11:15am-12pm \$ Pop-Up Painting 12-2pm Mini Jack O'Lanterns 1-2:30pm \$ Book Lovers 1-2:30pm Pickleball Clinic Beg. Part I Outdoor 1:30-3:30 \$ Jump Start to Spanish Part I 1:30-3:30pm \$ Energy Everywhere 3-4pm \$	13 Health and Wellness/Craft Fair 9:30am-1:30pm <i>Free Screenings</i> Blood Pressure Screenings Basic Foot Assessments Pelvic Floor Screenings Fall Assessments Balance Assessments BMI Testing Medical IDs Assisted Stretch Session Adult Functional Independence Test Posture Screening 3D Foot Scans Flu Shots Covid Vaccines (bring ID and insurance card) <i>*No Programs Today*</i>	14 Open Play Pickleball 8:30-11:30am(NR)(CC) \$ PIYO 9-9:45am \$ ASL 9:15-10am \$ Strength Training 10-10:45am \$ Zumba Gold 11am-12pm \$ Steel Strong 11:15am-12pm \$ Potluck Luncheon 12-1:15pm Thursday Bridge 12-2:30pm Coiled Luminaries 1-2:30pm \$ Technology Help Desk 1:30-3:30pm Pickleball Clinic Beg. Part I Outdoor 1:30-3:30pm \$ Learn to Play Mah Jongg 2:30-5pm New Lesson Line Dancing 6-7pm \$	15 Open Play Pickleball 8:30-11:30am (NR)(CC) \$ Candelabra Pottery 8:30-10am \$ Senior Exercise w/Karee 9-9:45am (NR) \$ Beginning Line Dancing 9-10am \$ Writers Club 10am-12:30pm Beginning Plus Dancing 10:15-11am Yoga Advanced 10:15-11:15am \$ Anyone Like Chinese? 10:30am-12:30pm \$ Intermediate Line Dancing 11:30am-12:30pm \$ Advanced Wheel 1-2:30pm \$ ESL High Level Beginner 1-2:30pm \$ Dominoes & Mah Jongg 1-4pm Cards & Games 1-4pm	16 Senior Center Open 9am-3pm

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
17	18 Open Play Pickleball 8:30-11:30am(NR)(CC) \$ BUNCO 9:30-11:30am Sr. Exercise w/Maureen 10-10:45am (NR) \$ Beginner Yoga 10:15-11:15am \$ Pilates 11-11:45am \$ Science w/Harry: The Neanderthals 11am-12p Learn to play Bridge 11:30am-1pm \$ Sculpting a New You 1-2pm \$ Beginner Wheel 1-2:30pm \$ Wallet Shaped Min Album 1-4pm \$ Open Cards & Games 1-4pm Dominoes / Mah Jongg 1-4pm Intermediate Tap Dancing 2-3pm Peak City Singers 2-3:30pm \$ Beginner Tap Dancing 3-4pm Crumb and Cream: Innkeeper's Pie 3-5pm Pound Fitness 5:30-6:30pm \$ Tai Chi Basics 5:30-6:30pm \$ Zumba w/Sassy J 6:45-7:45pm	19 Open Play Pickleball 8:30-11:30am (NR)(CC)\$ Senior Exercise w/Kendall 9-9:45am (NR)\$ ASL 9:15-10am \$ Strength Training 10-10:45am \$ Art w/Wade-Paint Seascapes I 9:30-11:30am \$ Tuesday Bridge 10am-12:30pm Jump Start to Spanish Part II 10:30am-2:30pm \$ Zumba Gold 11am-12pm \$ Steel Strong 11:15am-12pm \$ Book Club 1-2pm Mini Jack O'Lanterns 1-2:30pm \$ Jump Start to Spanish Part I 1:30-3:30pm \$ Pickleball Beg. Clinic Part I Outdoor 1:30-3:30pm \$ Needle Felting 1-5pm \$ Energy Everywhere 3-4pm \$ Happy Feet Beginner 6:15-7pm \$ Partner Swing Era Dancing 7-7:45pm \$	20 Open Play Pickleball 8:30-11:30am(NR)(CC) \$ Pottery Beg. Handbuilding 8:30-10am \$ Tai Chi/Qi Gong 9-9:45am \$ RFS Medicare Open Enrollment 11am-12pm Senior Exercise w/Beth 10-10:45am (NR) \$ Yoga Intermediate 10:15-11:15am \$ Chair Yoga 11:30am-12:30pm \$ Barre 11-11:45am History w/Wade: New Zealand 12:30-2:30pm Intermediate Wheel 1-2:30pm\$ Genealogy Group 1-3pm Bingo 1-3pm Chair Yoga for Balance 1:30-2:30pm Art w/Wade Revisit Acrylics 3-5pm \$ Intermediate Yoga 5:15-6:15pm \$	21 Open Play Pickleball 8:30-11:30am(NR)(CC)\$ PIYO 9-9:45am\$ ASL 9:15-10am \$ Strength Training 10-10:45am\$ Coffee & Conversations 9:30-10:30am Stitch & Hook 10am-12pm Cooking w/Julie: Never Bored with Boards \$ Zumba Gold 11:00am-12:00pm \$ Steel Strong 11:15am-12pm \$ Thursday Bridge 12-2:30pm Coiled Luminaries 1-2:30pm \$ Intro to Laptops 1:30-3:30pm Learn to Play Mah Jongg 2:30-5pm Night at the Movies 5-7:30pm "Apollo 13" New Lesson Line Dancing 6-7pm \$	22 Open Play Pickleball 8:30-11:30am (NR)(CC) \$ Candelabra Pottery 8:30-10am \$ Senior Exercise w/Karee 9-9:45am (NR)\$ Beginning Line Dancing 9-10am \$ Paper Crafters Club 9am-3pm Apex Writers 10am-12:30pm Beginning Plus Line Dancing 10:15-11am \$ Yoga Advanced 10:15-11:15am Intermediate Line Dancing 11:30am-12:30pm \$ Comedy w/Tom- More Laughing at Old Age 12-12:30pm Advanced Wheel 1-2:30pm \$ ESL High Level Beginner 1-2:30pm \$ Cards & Games 1-4pm Dominoes & Mah Jongg 1-4pm	23 Senior Center Open 9am-3pm
24	25 Open Play Pickleball 8:30-11:30am(CC)(NR)\$ Senior Exercise w/Maureen 10-10:45am(NR) \$ Yoga Beginner 10:15-11:15am \$ Beginner Wheel 10:30am-12pm \$ Pilates 11-11:45am \$ Science w/HarryThe Neanderthals 11-12pm Peak City Singers 2-3:30pm \$ Open Cards & Games 1-4pm Sculpting a New You 1-2pm Dominoes / Mah Jongg 1-4pm Intermediate Tap Dancing 2-3pm Beginner Tap Dancing 3-4pm Tai Chi Basics 5:30-6:30pm \$ Pound Fitness 5:30-6:30pm \$ Trivia Night 6-7pm Zumba w/Sassy J 6:45-7:45pm	26 Open Play Pickleball 8:30-11:30am (NR)(CC) \$ Senior Exercise w/Kendall 9-9:45am (NR) \$ ASL 9:15-10am \$ Senior Exercise w/Jordan 9-9:45am (NR) \$ Art w/ Wade-Painting Seascapes I 9:30-11:30am \$ Tuesday Bridge 10am-12:30pm Challenged Books Club 10:30-11:30am Zumba Gold 11am-12pm \$ Steel Strong 11:15am-12pm \$ Halloween Exploding Box 12-2pm \$ Mini Jack O'Lanterns 1-2:30pm \$ Book Club 1-3pm Pickleball Clinic Intermed. Outdoor 1-3:30pm Jump Start to Spanish Part I 1:30-3:30pm \$ FinSavvy Seniors 2-3:30pm Energy Everywhere 3-4pm \$ Cooking w/the Sihras 6-8pm \$ Happy Feet Beginner 6:15-7pm \$ Partner Swing Era Dancing 7-7:45pm \$	27 Open Play Pickleball 8:30-11:30am(CC)(NR)\$ Beginning Handbuilding 8:30-10am \$ Wii Bowling 8:30-10:30am Tai Chi/Qi Gong 9-9:45am \$ Senior Exercise w/Beth 10-10:45am (NR) \$ Yoga Intermediate 10:15-11:15am \$ Barre 11-11:45am \$ Quilting Club 11:45am-2:45pm History w/Wade New Zealand 12:30-2:30pm Intermediate Wheel 1-2:30pm Movie Matinee 1-3:30pm "Airplane" Rummikub Club 2:30-4:30pm Art w/Wade Revisit Acrylics 3-5pm \$ Intermediate Yoga at Night 5:15-6:15pm \$	28 Open Play Pickleball 8:30-11:30am(CC)(NR) \$ ASL 9:15-10am \$ PIYO 9-9:45am \$ Travel Chat 9:15-10:45am Coffee & Conversations 9:30-10:30am Strength Training 10-10:45am \$ Stitch & Hook 10am-12pm Food Vibe Shrimp Scampi 10am-12pm \$ Zumba Gold 11am-12pm \$ Steel Strong 11:15am-12pm \$ History w/Tom The Korean War Thursday Bridge 12-2:30pm Coiled Luminaries 1-2:30pm \$ Pickleball Clinic Intermed. Outdoor 1-3:30pm Intro to Smartphones 1:30-3:30pm FYI Food Security & Ageism 2-3pm Learn to Play Mah Jongg 2:30-5pm New Lesson Line Dancing 6-7pm \$	29 Open Play Pickleball 8:30-11:30am (NR)(CC) \$ Candelabra Pottery 8:30-10am \$ Senior Exercise w/Karee 9-9:45am (NR)\$ Beginning Line Dancing 9-10am \$ Apex Writers 10am-12:30pm Beginning PlusLine Dancing 10:15-11am \$ Yoga Advanced 10:15-11:15am \$ IntermediateLine Dancing 11:30am-12:30pm Advanced Wheel 1-2:30pm \$ ESL High Level Beginner 1-2:30pm \$ Cards & Games 1-4pm Dominoes & Mah Jongg 1-4pm	30 Senior Center Open 9am-3pm