

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
WEEKLY	8:30 Pelvic Floor & Core 9:00 Chair Yoga w/Tina 10:00 Enerchi 10:00 Ukulele Open Play 10:30 Global Longevity Foods 10:30 Beginning Ballet 11:30 Standing Yoga 11:45 Holistic Health Diet 12:45 Tap Dancing 1:00 Samba 1:00 Tap FUNDamentals 1:30 Spanish Level 3: Intermediate 2:30 Guitar Slow Jam w/Bass 3:00 Rummikub 3:00 Tai Chi: 13 Elements 4:00 Tai Chi Form	8:15 Standing Core 9:00 Coffee and Conversation* 9:30 Floor Yoga Stretch 10:00 Crocheting Circle - All Levels* 10:00 Stability Exercises 10:45 Standing Pilates - Mat Required 11:00 Sign Language - Intermediate 11:15 Belly Dancing (except 10/27) 12:00 Chair Aerobics 12:15 Hula Hooping - ALL Levels Welcome 1:00 Advanced Bridge 1:00 French: Beginner 1:00 Line Dancing - Basic 1:00 Mahjong - Tuesdays (except 10/6) 1:00 Zumba Gold 1:45 French: Intermediate 2:00 Line Dancing - Intermediate 3:00 String Ensemble - All Levels	8:00 Energy Burst Stations 8:30 Stretch & Balance - Advanced 9:00 Tighten and Tone 9:30 Party Bridge 9:45 Weight Training & Toning 10:00 Aerobic Exercise 11:00 Pilates - Mat Required 11:30 Enerchi 12:30 Cribbage - All Levels 1:00 Canasta Hand Knee & Foot 1:00 Line Dancing - Basic 2:00 Line Dancing - Intermediate 3:15 Tai Chi: 13 Fundamentals 4:00 Tai Chi Practical	8:15 Sit & Be Fit! (except 10/1) 8:30 Chair Yoga w/Tina (starting 10/22) 9:20 Floor Yoga Stretch 10:00 Sign Language - Beginner 10:00 Spanish Level 1: Basic 10:30 Just Dance 10:30 Stability Exercises 11:00 iPhone Basics (except 10/1; 10/8) 11:00 Spanish Level 2: Conversational 11:30 Standing Yoga 12:00 Dancing Queens 12:45 Qigong Healing 1:00 Casual Knitting & Conversation* 1:30 Zumba Gold	8:30 Zumba Gold: Weight Training & Toning 9:00 Chair Yoga w/Tina 9:30 Canasta Hand Knee Foot 9:45 Zumba Step Up 10:00 Aerobic Exercise 10:45 Support Group: NAMI Mental Health* 11:00 Strength in Motion - Mat Required 11:00 Crocheting Circle - ALL Levels* 11:30 Total Body Workout 12:00 Yoga Full Body Stretch - Mat Required 12:30 Bridge Open Play - All Levels 12:30 Mahjong w/Current Mahjong Card 1:00 Advanced Bridge 2:00 Art Therapy	WEEKLY
ADDITIONAL CLASSES	All activities subject to change			1 9:30a Yoga for Parkinson’s and Movement Disorders	2 ~Weekly Only/No Additional~	ADDITIONAL CLASSES
	5 9:30a iPhone (Series of 3)	6 9:30a iPhone (Series of 3) 12:00p Support Group: Hearing Loss - Free 3:00p Critical Issues: Rare-Earth Elements and Critical Minerals	7 9:30a iPhone (Series of 3) 11:00a Medicare Fraud Prevention 1:00p Drawing from Observation: Series of 5 5:30p Book Club: The Water is Wide	8 9:30a Yoga for Parkinson’s and Movement Disorders 1:00p Living Healthy with Chronic Conditions 2:30p Pop-Up Art Class with Loralie Harris	9 10:00a Brain Boosters: Memory Forgetfulness and Aging	
	12 10:00a A Presentation of Nebulae* 1:00p Eyes to the Skies with Gail Pfoh 4:15p Yoga for the Grieving Heart* 5:30p Support Group: Grieving with Hope*	13 2:00p Memory Café Support Group 3:00p Critical Issues: Advanced Nuclear Electric Generating Plants: Promise or Pessimism	14 10:00a Coffee & Connection: Vet to Vet* 1:00p Drawing from Observation: Series of 5 1:30p Caregiver Stressbusters Forum* 3:30p Support Group: Caregivers*	15 10:00a Parkinson’s Support Group - You Are Not Alone* 1:00p Living Healthy with Chronic Conditions	16 ~Weekly Only/No Additional~	
	19 3:30p The Successful Caregiver	20 3:00p Critical Issues: The Data Center Debate: Powering the AI Revolution Without Overpowering Communities	21 1:00p Drawing from Observation: Series of 5	22 9:30a Yoga for Parkinson’s and Movement Disorders 1:00p Living Healthy with Chronic Conditions	23 ~Weekly Only/No Additional~	
	26 4:15p Yoga for the Grieving Heart* 5:30p Support Group: Grieving with Hope*	27 2:00p Memory Café Support Group 3:00p Critical Issues: From Drought to Dinner Tables: A Sustainable Future	28 11:00a Support Group: Low Vision* 1:00p Drawing from Observation: Series of 5 1:30p Caregiver Stressbusters Forum* 3:30p Support Group: Caregivers*	29 9:30a Yoga for Parkinson’s and Movement Disorders 1:00p Living Healthy with Chronic Conditions	30 1:00p Stepping into AI: Series of 2	