

MONDAY

Balance & Fitness (9:30 -10:45)	French INTERMEDIATE (10 :30- 11:30)	Italian Conversation (1:15 - 2:15)
Yoga (9:30-10:30)	Tai Chi for Arthritis (11 - 12noon)	Tech Forum <i>1st & 3rd Mondays</i> (12:00 - 2:00)
Indoor Bowls/Pool (9:30-11:30)	Italian Beginners (11:45 - 12:45)	Zumba Ballroom Blitz (1:30 - 2:15)
Folk Art (10 - 12noon)	Art with Amanda (1:30 - 4:00)	

TUESDAY

Yoga (7:45 - 8:45)	French INTERMEDIATE (3:00 - 4:00)	Tone & Tighten (11:00 - 12:00)
Qigong Tai Chi (9:30 -10:45)	Calligraphy (10:00 - 12noon)	Singing for Fun (1:00 - 3:00)
Italian (9:30 -12noon)	Art with Harry (10:00 -12noon)	Table Tennis (12:30 - 2:30)
French BEGINNERS (1:00 - 2:00)	Bridge (10:00 -1:00)	Tap Dance BEGINNERS (1:00 - 2:00)
French CONVERSATION (2:00 - 3:00)	Computer 1 to 1 <i>By Appointment</i> (10:00 - 2:00)	Chair Yoga (1:00 - 2:00)
		Ukeleles & U (2:15 - 3:30)

WEDNESDAY

Yoga (9:30 - 10:30)	Ballroom Dancing (10:30 - 12:00)
Candelwicking & Embroidery (9:30 - 11:15)	History (11:45 - 12:45)
Art with Teresa (9:00 - 3:00)	Quilting & Patchwork (11:30 - 2:30)
Balance & Fitness (9:30 - 10:45)	Choir (1:00 - 2:00)
Healing Touch Therapists 30 min sessions by apptmt (10:00 - 1:00)	Movie & Coffee <i>1st Wednesday</i> TBA

THURSDAY

Yoga (7:45 - 8:45)	Line Dancing INTERMEDIATE (10:30 -12noon)
Qigong BEGINNERS (9:30 -10:30)	Chair Yoga (11 - 12noon)
Computer 1 to 1 <i>By Appointment</i> (10:00 - 2:00)	Beading (12:30 - 3:00)
Crochet/Knitting (11:30 - 1:00)	Art with Pat (1:00- 3:00)
	Tone & Tighten (1:00 - 2:00)

FRIDAY

Art with Mary (10:00-12:00)	Tap Dancing (11:00 - 12:00)
Stretch & Strengthen (9:30 -10:30)	Table Tennis (7:00pm - 10:00pm)
Film Tea & Chat (10:00 - 12:30)	Book Club (1:30 - 2:30) <i>4th Friday in Month</i>

SATURDAY

Laughter Club
11:30 - 12:30
(Alternate Saturdays)

