

RECURRING SCHEDULE

MONDAYS

9:00 am – Resistive Exercise Gym (45 MIN)	ROCCO PAVESE
9:30 am – Quilting Group Art Room	
10:00 am – Calisthenics Gym (45 MIN)	JEAN GREEN
10:00 am – Jokers & Marbles Card Room (2 HRS)	
11:00 am – Balance Class Gym (30 MIN)	JEAN GREEN
12:00 pm – Tai Chi Activity Room (1 HR)	JANET SNELGROVE
12:00 pm – Pickleball Gym (Intermediate) (1.5 HRS)	
12:30 pm – Hand & Foot Game Room (3 HRS)	
1:00 pm – Art Co-Op Class Art Room	
1:00 pm – Cribbage Card Room (2.5 HRS)	
1:30 pm – Choir Friendship Hall	
1:45 pm – Line Dancing, Absolute Beginners Gym (1 HR)	SHARON HAYNES
2:45 pm – Line Dancing, Beginners/High Beginners Gym (1 HR)	SHARON HAYNES

TUESDAYS

9:00 am – Resistive Exercise Gym (45 MIN)	ROCCO PAVESE
9:00 am – Co-Ed Golf League (Pebblewood) Seasonal	
9:30 am – Pinochle Card Room (2.5 HRS)	
10:00 am – Range of Motion Gym (1 HR)	TERI VILLAGE
11:30 am – Pickleball Gym (Advanced) (4 HRS)	
12:30 pm – Ukulele Advanced Board Room (1.5 HRS)	JIM THURMAN
1:00 pm – Euchre Card Room (2 HRS)	
2:00 pm – Ukulele Beginner Board Room (1 HR)	JIM THURMAN

WEDNESDAYS

9:00 am – Resistive Exercise Gym (45 MIN)	ROCCO PAVESE
9:00 am – Greeting Card Making Art Room	JOANN SCATES
10:00 am – Calisthenics Gym (45 MIN)	JEAN GREEN
10:00 am – Book Club Board Room (2 nd Wed of Month)	
11:00 am – Balance Class Gym (30 MIN)	JEAN GREEN
11:45 am – Cardio Drumming Gym (1 HR)	JEAN GREEN
12:00 pm – Parkinson’s Exercise Activity Room (1 HR)	ROCCO PAVESE
12:30 pm – Dominoes Game Room (3 HRS)	
12:45 pm – Bowling (Striker’s Bowling) Seasonal	
1:30 pm – Pickleball Gym (Advanced 1:30-2:30 / Intermediate 2:30-3:30) (2 HRS)	
1:00 pm – Mah Jongg Card Room (2 HRS)	
1:00 pm – Stitch & Chat Art Room	
1:30 pm – Open Pool Table Play Activity Room (2 HRS)	

THURSDAYS

9:00 am - Resistive Exercise Gym (45 MIN)	ROCCO PAVESE
10:00 am - Range of Motion Exercise Gym (1 HR)	CAROLYN MARGOL
12:00 pm – Tai Chi Activity Room (1 HR)	JANET SNELGROVE
11:30 pm – Pickleball 1 st and 3 rd Week Gym (Beginner 11:30-1:30 / Intermediate 1:30-3:30) (4 HRS)	
12:30 pm – Scrabble Card Room	
12:30 pm – Hand & Foot Game Room (3 HRS)	
1:00 pm – Bingo 2 nd , 4 th & 5 th Weeks Gym	
1:00 pm – Softball (Wells Field) Seasonal	

FRIDAYS

8:30 am – World Dance Gym (1 HR)	CAROLYN MARGOL
9:30 am – Yoga for Mind & Bone Health Activity Room (1 HR)	JEAN GREEN
10:00 am – Mah Jongg Card Room (2 HRS)	
10:30 am – Pickleball Gym (Beginner 10:30-12:30 / Intermediate 12:30-3:30) (5 HRS)	
12:00 pm - Parkinson’s Exercise Activity Room (1 HR)	ROCCO PAVESE
1:00 pm – Euchre Card Room (2 HRS)	