



Fall Activity Schedule - Adults & Seniors

September 9 - December 14, 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 - 11:00 AM					
11:30 - 12:15					Senior Groove Fit - Dancing for Health (45-mins)
12:15 - 1:15 PM	Senior Upper Body Fitness			Senior Full Body Fitness	
1:00 - 2:00 PM		Senior Chair Yoga	Adult & Senior Cooking (Ends at 2:30)		
1:30 - 3:00 PM				Adult & Senior Art for Relaxation	
2:00 - 3:00 PM	Adult & Senior Crochet Club			Senior Social (Starts at 2:30PM)	Senior Ukulele and Sing-Along (Starts at 2:30 PM)
3:00 - 4:00 PM					
6:30 - 8:00 PM			Adult & Senior Cooking		