



DAILY CLASSES

Week of: January 23rd - January 26th • (424) 407-4023

Wallis Annenberg
GenSpace

- Horticultural Therapy
- Financial Security + Safety
- Technology + Devices
- Arts, Crafts, + Culture
- Social Connection + Storytelling
- Fitness/Wellness on Page 2

	Monday	Tuesday	Wednesday	Thursday
10:00am				
11:00am	Cards for Neighbors 10:30am - 11:30am Art Room			
12:00pm	Drawing 101 11:45am - 12:45pm Art Room	Creating with Clay 11:00am - 12:30pm Art Room	Tech Help 11:30am - 12:30pm Tech Bar	Smartphone 101 10:45am - 11:45am Tech Bar
1:00pm		Living Room Chats 1:00pm - 2:00pm Multipurpose Room	Collage Connections 1:00pm - 2:30pm Art Room	Chess! 12:00pm - 3:00pm HT Space
2:00pm	Branching Out 2:00pm - 3:00pm HT Space	Branching Out 2:00pm - 3:00pm HT Space		
3:00pm	Intergen Tech Help 2:40pm - 3:40pm Tech Bar	Intergen Tech Help 2:30pm - 3:30pm Tech Bar	GenSpace Conversations 2:30pm - 4:00pm Multipurpose Room	Intergen Art Studio 2:00pm - 3:00pm Art Room
4:00pm				Pool Party! 10:15am - 12:15pm Multipurpose Room
				GenSpace Voices 12:00pm - 1:00pm Art Room
				Financial Literacy Workshop 2:00pm - 3:00pm Tech Bar



Wallis Annenberg
GenSpace

WELLNESS CLASSES

Week of: January 23rd - January 26th • (424) 407-4023

Health, Fitness, + Wellness Schedule

	Monday	Tuesday	Wednesday	Thursday
10:00am				
11:00am	Morning Stretching 10:30am - 11:30am Fitness Room	YMCA Presents: Dance Aerobics 10:15am - 11:15am Fitness Room	Morning Stretching 10:30am - 11:30am Fitness Room	YMCA Presents: Strength + Tone 10:20am - 11:20am Fitness Room
12:00pm		YMCA Presents: Dance Aerobics 11:30am - 12:30pm Fitness Room	Long Gentle Movement 12:00pm - 1:00pm Fitness Room	YMCA Presents: Strength + Tone 11:30am - 12:30pm Fitness Room
1:00pm	Belly Dancing 1:00pm - 2:00pm Fitness Room			Latin Dance 12:45pm - 1:45pm Fitness Room
2:00pm			Tai Chi 1:30pm - 2:30pm Fitness Room	Latin Dance 1:45pm - 2:45pm Fitness Room
3:00pm	Tai Chi Self-Defense 3:00pm - 4:00pm Fitness Room	Mindful, Gentle, & Restful Stretching 3:00pm - 4:00pm Fitness Room	Dance It Out! 3:00pm - 4:00pm Fitness Room	Mindful, Gentle, & Restful Stretching 3:00pm - 4:00pm Fitness Room
4:00pm				