

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 | <div> </div> <p>GenSpace will be closed on Monday, September 25th</p> <div> </div> | | | |
| 11:00am | | Creating with Clay 10:30am - 12:00pm Art Room | Knitting 101 10:15am - 11:45am Art Room | Collage Connections 10:15am - 11:15am Art Room |
| 12:00pm | | | Tech Help 11:30am - 12:30pm Tech Bar | Smartphone 101 11:30am - 12:30pm Tech Bar |
| 1:00pm | | Crochet 101 12:45pm - 2:00pm Art Room | Chess! 12:00pm - 3:00pm HT Space | GenSpace Voices 11:30am - 12:30pm Art Room |
| 2:00pm | | Building Connections 12:30pm - 1:30pm HT Space | | ESL Practice Chats 12:45pm - 1:45pm Art Room |
| 3:00pm | | Intro to Comedy 2:15pm - 3:15pm Art Room | Painter's Palette 2:15pm - 3:15pm Art Room | Herb Hub 2:00pm - 3:00pm HT Room |
| 4:00pm | | Tech Help 2:45pm - 3:45pm Tech Bar | | |

Health, Fitness, + Wellness Schedule

| | Monday | Tuesday | Wednesday | Thursday |
|---------|---|---|--|---|
| 10:00am | <p>GenSpace will be closed on Monday, September 25th</p> | | | |
| 11:00am | | Dance Aerobics 10:15am - 11:15am Fitness Room | Morning Stretching 10:30am - 11:30am Fitness Room | Strength + Tone 10:20am - 11:20am Fitness Room |
| 12:00pm | | Dance Aerobics 11:30am - 12:30pm Fitness Room | | Strength + Tone 11:30am - 12:30pm Fitness Room |
| 1:00pm | | Barre Sculpt 12:45pm - 1:45pm Fitness Room | | Latin Dance 12:45pm - 1:45pm Fitness Room |
| 2:00pm | | Seated Strength and Mobility 1:50pm - 2:50pm Fitness Room | Tai Chi 1:30pm - 2:30pm Fitness Room | Latin Dance 1:50pm - 2:45pm Fitness Room |
| 3:00pm | | | | |
| 4:00pm | | 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 |