



DAILY CLASSES

Week of: October 2nd - October 5th • (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		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	Drum It with MMM 11:45am - 12:45pm Art Room			Smartphone 101 11:30am - 12:30pm Tech Bar
	Pool Party! 11:00am - 1:00pm Multipurpose Room		Tech Help 11:30am - 12:30pm Tech Bar	GenSpace Voices 11:30am - 12:30pm Art Room
1:00pm	Drawing 101 1:00pm - 2:00pm Art Room	Crochet 101 12:45pm - 2:00pm Art Room		
		Chess! 12:00pm - 3:00pm HT Space	Branching Out 1:00pm - 1:45pm HT Space <small>New!</small>	ESL Practice Chats 12:45pm - 1:45pm Art Room
2:00pm				
		Intro to Comedy 2:00pm - 3:00pm Art Room <small>New!</small>		
3:00pm	Mixed Media Designs 2:30pm - 4:00pm Art Room	Tech Help 2:45pm - 3:45pm Tech Bar	Cards for Neighbors 2:00pm - 3:00pm Art Room	Painter's Palette 2:15pm - 3:15pm Art Room
				Herb Hub 2:00pm - 3:00pm HT Room
4:00pm				



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WELLNESS CLASSES

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Health, Fitness, + Wellness Schedule

	Monday	Tuesday	Wednesday	Thursday
10:00am				
11:00am	Morning Stretching 10:30am - 11:30am Fitness Room	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	Restorative Stretching 11:45am - 12:45pm Fitness Room	Dance Aerobics 11:30am - 12:30pm Fitness Room	Long Gentle Movement 12:00pm - 1:00pm Fitness Room	Strength + Tone 11:30am - 12:30pm Fitness Room
1:00pm	Hip Hop 101  1:00pm - 2:00pm Fitness Room	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	Club 80  2:00pm - 3:00m Fitness Room	Latin Dance 1:50pm - 2:45pm Fitness Room
3:00pm	Belly Dancing 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				