



## DAILY CLASSES

Week of: October 2nd - October 5th • (424) 407-4023

Wallis Annenberg  
GenSpace

 Horticultural Therapy

 Technology + Devices

 Social Connection + Storytelling

 Financial Security + Safety

 Arts, Crafts, + Culture

 Fitness/Wellness on Page 2

### Monday

### Tuesday

### Wednesday

### Thursday

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

**Drum It with  
MMM**  
11:45am -  
12:45pm  
Art Room

**Pool Party!**  
11:00am-  
1:00pm  
Multipurpose  
Room

**Drawing 101**  
1:00pm - 2:00pm  
Art Room

**Mixed Media Designs**  
2:30pm - 4:00pm  
Art Room

**Creating with Clay**  
10:30am - 12:00pm  
Art Room

**Crochet  
101**  
12:45pm -  
2:00pm  
Art Room

**Tech Help**  
2:45pm -  
3:45pm  
Tech Bar

**Chess!**  
12:00pm -  
3:00pm  
HT Space

**Intro to  
Comedy**  
2:00pm -  
3:00pm  
Art Room 

**Knitting 101**  
10:15am -  
11:45am  
Art Room

**Tech Help**  
11:30am -  
12:30pm  
Tech Bar

**Branching  
Out**  
1:00pm   
1:45pm  
HT Space

**GenSpace  
Conversations**  
1:00pm -  
2:00pm  
Art Room

**Cards for  
Neighbors**  
2:00pm -  
3:00pm  
Art Room

**Collage  
Connections**  
10:15am -  
11:15am  
Art Room

**Smartphone  
101**  
11:30am -  
12:30pm  
Tech Bar

**GenSpace  
Voices**  
11:30am -  
12:30pm  
Art Room

**ESL Practice Chats**  
12:45pm - 1:45pm  
Art Room

**Painter's  
Palette**  
2:15pm -  
3:15pm  
Art Room

**Herb Hub**  
2:00pm -  
3:00pm  
HT Room



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## WELLNESS CLASSES

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### Health, Fitness, + Wellness Schedule

|         | Monday  | Tuesday   | Wednesday   | Thursday  |
|---------|---|---|---|---|
| 10:00am |   |   |   |   |
| 11:00am | <b>Morning Stretching</b><br>10:30am - 11:30am<br>Fitness Room  | <b>Dance Aerobics</b><br>10:15am - 11:15am<br>Fitness Room                          | <b>Morning Stretching</b><br>10:30am - 11:30am<br>Fitness Room  | <b>Strength + Tone</b><br>10:20am - 11:20am<br>Fitness Room                         |
| 12:00pm | <b>Restorative Stretching</b><br>11:45am - 12:45pm<br>Fitness Room  | <b>Dance Aerobics</b><br>11:30am - 12:30pm<br>Fitness Room                          | <b>Long Gentle Movement</b><br>12:00pm - 1:00pm<br>Fitness Room   | <b>Strength + Tone</b><br>11:30am - 12:30pm<br>Fitness Room                         |
| 1:00pm  | <b>Hip Hop 101</b> <br>1:00pm - 2:00pm<br>Fitness Room | <b>Barre Sculpt</b><br>12:45pm - 1:45pm<br>Fitness Room                             |   | <b>Latin Dance</b><br>12:45pm - 1:45pm<br>Fitness Room                              |
| 2:00pm  |   | <b>Seated Strength and Mobility</b><br>1:50pm - 2:50pm<br>Fitness Room              | <b>Club 80</b> <br>2:00pm - 3:00pm<br>Fitness Room | <b>Latin Dance</b><br>1:50pm - 2:45pm<br>Fitness Room                               |
| 3:00pm  | <b>Belly Dancing</b><br>3:00pm - 4:00pm<br>Fitness Room   | <b>Mindful, Gentle, &amp; Restful Stretching</b><br>3:00pm - 4:00pm<br>Fitness Room | <b>Dance It Out!</b><br>3:00pm - 4:00pm<br>Fitness Room   | <b>Mindful, Gentle, &amp; Restful Stretching</b><br>3:00pm - 4:00pm<br>Fitness Room |
| 4:00pm  |   |   |   |   |