



DAILY CLASSES

April 1st- April 4th (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	GreenSpace 10:30am-11:30am HT Space	Crochet 101 10:30am-12:00pm Art Room	Tech Assistance 11:00am - 12:00pm Tech Bar	Collage Connections 10:15am - 11:15am Art Room
12:00pm	Drum It with MMM 11:45am - 12:45pm Art Room	Sing a Long 12:00pm - 1:00pm Art Room	Story Circle 11:25am - 12:10pm Multi-purpose room	Smartphone 101 11:30am - 12:30pm Tech Bar
1:00pm	Creating with Clay 1:00pm - 2:00pm Art Room	Brain Health Series 1:00pm - 2:00pm Art Room	GenSpace Conversations 12:00pm - 1:00pm Art Room	GenSpace Voices 11:30am - 12:30pm Art Room
2:00pm	Painter's Palette 2:00pm-3:00pm Art Room	Chess! 12:00pm - 3:00pm HT Space	Branching Out 1:00pm - 1:45pm HT Space	GreenSpace 1:00pm-2:00pm HT Space
3:00pm	Connect with Tech 2:40pm - 3:20pm Tech Bar	Intro to Comedy 2:00pm - 3:00pm Art Room	Puppetry Arts Pop-Up 2:00pm - 3:30 pm Art Room	Intergen Art Studio 1:55pm - 2:35pm Art Room
4:00pm				Cards for Neighbors 3:00pm - 4:00pm Art Room



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WELLNESS CLASSES

April 1st- April 4th (424) 407-4023

Health, Fitness, + Wellness Schedule

	Monday	Tuesday	Wednesday	Thursday
10:00am				
11:00am	Relaxing Meditation 10:30am - 11:30am Fitness Room	Dance Aerobics 10:15am - 11:15am Fitness Room	Strength + Tone 10:45am - 11:45am Fitness Room	Strength + Tone 10:30am - 11:30am 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	Tranquil Chairs 11:40am - 12:40pm Fitness Room
1:00pm	Movement Fusion 12:50pm - 1:35pm Fitness Room	Barre Sculpt 12:45pm - 1:45pm Fitness Room	Tai Chi 1:15pm - 2:15pm Fitness Room	Resistance Band Training 12:45pm - 1:45pm Fitness Room
2:00pm	Harmony in Motion 1:45pm - 2:45pm Fitness Room	Seated Strength and Mobility 1:50pm - 2:50pm Fitness Room		Latin Dance 1:50pm - 2:45pm Fitness Room
3:00pm	Resistance Band Training 3:00pm - 4:00pm Fitness Room	Belly Dancing 3:00pm - 4:00pm Fitness Room	Dance it Out! 3:00pm - 4:00pm Fitness Room	Upper Body Burn 3:00pm - 4:00pm Fitness Room
4:00pm				