



DAILY CLASSES

July 29 - Aug 1 (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	Mixed Media 10:30am - 12:00pm Art Room	Knitting 101 10:15am - 11:45am Art Room	GreenSpace 10:30am - 11:30am HT Space
12:00pm	Art Club 12:00pm - 1:00pm Art Room	Chess! 11:30am - 2:00pm Tech Bar	Tech Help 11:00am - 12:00pm Tech Bar	GenSpace Voices 11:30am - 12:30pm Art Room
1:00pm	Wellness with OT NEW 1:00pm - 2:00pm Art Room	Pool Party! 12:00pm - 2:00pm MPR	GenSpace Conversations 12:00pm - 1:00pm Art Room	Smartphone 101 11:30am - 12:30pm Tech Bar
2:00pm		Crochet 101 12:15pm - 1:45pm Art Room	Art Studio (Drawing) 1:00pm - 2:00pm Art Room	Film Club with Lucas Museum NEW 1:00pm - 2:00pm Art Room
3:00pm	Sing Along 2:30pm - 3:30pm Art Room	Intro to Comedy 2:00pm - 3:00pm Art Room	Art Studio (Painting) 2:00pm - 3:30pm Art Room	Painter's Palette 2:30pm - 3:45pm Art Room
4:00pm		Creating with Clay NEW 3:00pm - 4:00pm Art Room		



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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 10:30am - 11:30am Fitness Room
12:00pm	Restorative Stretching 11:45am - 12:45pm Fitness Room	Dance Aerobics 11:30am - 12:30pm Fitness Room	Strength + Tone 10:45am - 11:45am 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	Long Gentle Movement 12:00pm - 1:00pm 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	Tai Chi 1:15pm - 2:10pm Fitness Room	Latin Dance 1:50pm - 2:45pm Fitness Room
3:00pm	Latin Dance 3:00pm - 4:00pm Fitness Room	Belly Dancing 3:00pm - 4:00pm Fitness Room	Breathe 101 2:20pm - 2:50pm Fitness Room	Dance it Out! 3:00pm - 4:00pm Fitness Room
4:00pm				Upper Body Burn 3:00pm - 4:00pm Fitness Room