



DAILY CLASSES

Oct 28 - Oct 31 (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

GreenSpace
10:30am - 11:30am
HT Space

Mixed Media
10:30am - 12:00pm
Art Room

Drum It with MMM
10:30am - 11:30am
Art Room

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

GeroTech Help
10:00am - 12:30pm
Tech Bar

GreenSpace
10:30am - 11:30am
HT Space

11:00am

12:00pm

Art Club
12:00pm - 1:00pm
Art Room

Pool Party!
12:00 - 2:00pm
MPR

Crochet 101
12:15pm - 1:45pm
HT Space

GenSpace Conversations
12:00pm - 1:00pm
Art Room

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

1:1 Tech Assistance
11:30am - 1:00pm
Tech Bar

1:00pm

Nutrition: Healthy Fats
1:15pm - 2:15pm
Art Room

Halloween Game Day!
1:00pm - 3:00pm
Art Room

Positive Psychology: Meaning & Purpose
1:00pm - 2:15pm
Art Room

2:00pm

Sing-Along
2:30pm - 3:30pm
Art Room

Chess!
1:45pm - 3:00pm
Tech Bar

Art Studio (Drawing)
1:15pm - 2:30pm
Art Room

Painter's Palette
2:30pm - 3:45pm
Art Room

3:00pm

4:00pm



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WELLNESS CLASSES

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Health, Fitness, + Wellness Schedule

	Monday	Tuesday	Wednesday	Thursday
10:00am	Relaxing Meditation 10:30am - 11:30am Fitness Room	Dance Aerobics 10:15am - 11:15am Fitness Room	Dance It Out! 10:15am - 11:15am Fitness Room	
11:00am				Chair 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 11:30am - 12:30pm 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 12:45pm - 1:45pm 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 1:50pm - 2:50pm 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	Zumba 3:00pm - 4:00pm Fitness Room 	Upper Body Burn 3:00pm - 4:00pm Fitness Room
4:00pm				