

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

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

MEMBERS ONLY PARTY
LUAU
November 18th, 2024
1:30-4:00pm
Second Floor
(No Regular Classes)
AT MAXIMUM CAPACITY

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

Wellness with OT
12:45pm - 1:45pm
Art Room NEW

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

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

Chess!
1:45pm - 3:30pm
Tech Bar

Knitting 101
10:15am - 11:45am
HT Space

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

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

Art Studio (Painting)
2:30pm - 4:00pm
Art Room

Gero Tech Help NEW
10:00am - 11:00am
Tech Bar

Virtual Trip to Peru! NEW
10:45am - 12:00pm
Art Room

Better Money Habits
2:00pm - 3:00pm
MPR

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

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

Volunteer Activity: Wellness Rocks & Kits NEW
1:15pm - 2:15pm
Art Room

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

1:1 Tech Assistance NEW
1:30pm - 3:00pm
Tech Bar

Health, Fitness, + Wellness Schedule

| Monday |  <p>MEMBERS ONLY PARTY</p> <p>LUAU</p> <p>November 18th, 2024</p> <p>1:30-4:00pm</p> <p>Second Floor</p> <p>(No Regular Classes)</p> <p>AT MAXIMUM CAPACITY</p> | 10:00am | 11:00am | 12:00pm | 1:00pm | 2:00pm | 3:00pm | 4:00pm |
|-----------|--|--|--|--|--|--------|--------|--------|
| Tuesday | Dance Aerobics 10:15am - 11:15am Fitness Room | Dance Aerobics 11:30am - 12:30pm Fitness Room | Barre Sculpt 12:45pm - 1:45pm Fitness Room | Seated Strength and Mobility 1:50pm - 2:50pm Fitness Room | Belly Dancing 3:00pm - 4:00pm Fitness Room | | | |
| Wednesday | Dance It Out! 10:15am - 11:15am Fitness Room | Strength + Tone 11:30am - 12:30pm Fitness Room | Long Gentle Movement 12:45pm - 1:45pm Fitness Room | Tai Chi 1:50pm - 2:50pm Fitness Room | NEW Zumba 3:00pm - 4:00pm Fitness Room | | | |
| Thursday | Chair Strength + Tone 10:30am - 11:30am Fitness Room | Tranquil Chairs 11:40am - 12:40pm Fitness Room | Resistance Band Training 12:45pm - 1:45pm Fitness Room | Latin Dance 1:50pm - 2:45pm Fitness Room | Upper Body Burn 3:00pm - 4:00pm Fitness Room | | | |