

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

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
HT Space

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

11:00am

GreenSpace
11:45am -
12:45pm
HT Space

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

Sing-Along
12:00pm -
1:00pm
Art Room

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

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

Art Studio (Painting)
12:00 -
2:00pm
HT Space

12:00pm

1:00pm

Wellness with OT
1:15pm -
2:15pm
Art Room

Pool Party!
1:00pm -
3:00pm
MPR

Chess!
2:00pm -
4:00pm
Tech Bar

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

2:00pm

Creating with Clay
2:30pm -
4:00pm
Art Room

3:00pm

4:00pm

**GenSpace will
close at 2:00 pm
on November
27.**



**GENSPACE
WILL BE
CLOSED FOR**

Thanksgiving

NOVEMBER 28







Wallis Annenberg
GenSpace

WELLNESS CLASSES

Nov 25 - Nov 28 (424) 407-4023

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	 GENSPACE WILL BE CLOSED FOR Thanksgiving NOVEMBER 28 
11:00am				
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	
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	
2:00pm	Harmony in Motion 1:45pm - 2:45pm Fitness Room	Seated Strength and Mobility 1:50pm - 2:50pm Fitness Room		
3:00pm	Latin Dance 3:00pm - 4:00pm Fitness Room	Belly Dancing 3:00pm - 4:00pm Fitness Room	GenSpace will close at 2:00 pm on November 27.	
4:00pm				