

Flexible Classes: August 18-21



Limited Seating - Sign up!
좌석이 한정되어 있으니 신청해 주세요



Seated Fitness Class
의자 피트니스 수업

Monday

Mahjong w/ Irene
10:10am - 12pm
Library Corner

Upper Body Tone w/ Jason
10:10am - 11am
Sunken Garden

Men's Group
11:10am - 12pm
MPR

Co-Creation Forum
11:10am - 12pm
Art Room

Crochet Open Studio w/ Mary Beth
12:10pm - 1pm
HT Space

September Survey Support
12:10pm - 1pm
Tech Bar

Intro to Jewelry Making w/ Jenny
2:10pm - 3pm
HT Space

Billiards for Beginners w/ Katie
3:10pm - 4pm
MPR

Tuesday

Flexibility Training w/ Jason
10:10am - 11am
Sunken Garden

Virtual Trip to Belfast, Ireland
12:10pm - 1pm
Art Room

Sing-Along w/ Cris
1:10pm - 2pm
Art Room

Billiards for Beginners w/ Katie
3:10pm - 4pm
MPR

Pastel Art & Open Art Studio w/ Maya
3:10pm - 4pm
Art Room

Wednesday

Open Chess Studio
10:10am - 12pm
Library Corner

Grief & Loss Conversation w/ Tom
12:10pm - 1pm
MPR

Nature Watercolor w/ Karyn
2:10pm - 3pm
HT Space

Billiards for Beginners w/ Katie
3:10pm - 4pm
MPR

Balance & Stretch w/ Jason
10:10am - 11am
Sunken Garden

Conversations w/ Rebecca
11:10am - 12pm
Art Room

Crochet Open Studio w/ Mary Beth
12:10pm - 1pm
HT Space

September Survey Support
12:10pm - 1pm
Tech Bar

Thursday

Lower Body Tone w/ Jason
10:10am - 11am
Sunken Garden

Social Dance Party w/ Members
12:10pm - 1pm
Art Room

Understanding Alzheimer's and Dementia
1:10pm - 2pm
Art Room

Billiards for Beginners w/ Katie
3:10pm - 4pm
MPR

September Survey Support
12:10pm - 1pm
Tech Bar

Pastel Art & Open Art Studio w/ Maya
3:10pm - 4pm
HT Space

Flexible Classes: August 25-28



Limited Seating - Sign up!
좌석이 한정되어 있으니 신청해 주세요



Seated Fitness Class
의자 피트니스 수업

Monday

Mahjong w/ Irene
10:10am - 12pm
Library Corner

Upper Body Tone w/ Jason
10:10am - 11am
Sunken Garden



AI Education Workshop w/ USC Viterbi
11:10am - 12pm
Art Room



Men's Group
11:10am - 12pm
MPR

Crochet Open Studio w/ Mary Beth
12:10pm - 1pm
HT Space

Intro to Jewelry Making w/ Jenny
2:10pm - 3pm
HT Space

Billiards for Beginners w/ Katie
3:10pm - 4pm
MPR

Tuesday

Flexibility Training w/ Jason
10:10am - 11am
Sunken Garden



Virtual Trip to York, England
12:10pm - 1pm
Art Room

Sing-Along w/ Cris
1:10pm - 2pm
Art Room

Billiards for Beginners w/ Katie
3:10pm - 4pm
MPR

Pastel Art & Open Art Studio w/ Maya
3:10pm - 4pm
Art Room

Wednesday

Open Chess Studio
10:10am - 12pm
Library Corner

Balance & Stretch w/ Jason
10:10am - 11am
Sunken Garden



Conversations w/ Rebecca
11:10am - 12pm
Art Room

Grief & Loss Conversation w/ Tom
12:10pm - 1pm
MPR



Crochet Open Studio w/ Mary Beth
12:10pm - 1pm
HT Space

Nature Watercolor w/ Karyn
2:10pm - 3pm
HT Space

Billiards for Beginners w/ Katie
3:10pm - 4pm
MPR

Thursday

Lower Body Tone w/ Jason
10:10am - 11am
Sunken Garden

Social Dance Party w/ Members
12:10pm - 1pm
Art Room

Healthy Living for Your Brain & Body: Tips from the Latest Research
1:10pm - 2pm
Art Room



Billiards for Beginners w/ Katie
3:10pm - 4pm
MPR

Pastel Art & Open Art Studio w/ Maya
3:10pm - 4pm
HT Space