

# Flexible Classes: September 8-11



**Limited Seating - Sign up!**  
좌석이 한정되어 있으니 신청해 주세요



**Seated Fitness Class**  
의자 피트니스 수업

## Monday

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

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



**Sing Along w/ Cris**  
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

**Intergenerational GreenSpace w/ Sherri**  
10:10am - 11am  
Downstairs at School Flagpole

**Virtual Trip to Winnipeg, Canada**  
1:10pm - 2pm  
Art Room

**Billiards for Beginners w/ Katie**  
1:10pm - 2pm  
MPR

**Yoga for Creativity w/ Lisa**  
2:10pm - 3pm  
MPR



## Wednesday

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

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



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

**Board Games Social**  
11:10am - 12pm  
MPR

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



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

**Nature Watercolor Painting w/ Karyn**  
2:10pm - 3pm  
MPR

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

## Thursday

**Intergenerational Zumba w/ Julissa**  
10:10am - 11am  
Downstairs at School Flagpole

**General Tech Help w/ USC GeroTech Students**  
11:10am - 12pm  
Tech Bar

**Social Dance Party w/ Members**  
1:10pm - 2pm  
Art Room

**Billiards for Beginners w/ Katie**  
1:10pm - 2pm  
MPR

**Yoga for Creativity w/ Lisa**  
2:10pm - 3pm  
MPR

