

## Flexible Classes: September 8-11



Limited Seating - Sign up! 좌석이 한정되어 있으니 신청해 주세요



Seated Fitness Class 의자 피트니스 수업

좌석이 한정되어 있으니 신청해 주세요						의자 피트니스 수업					
Monday			Tuesday		Wednesday			Thursday			
Mahjong w/ Irene 10:10am - 12pm Library Corner	w/ .lason		Intergenerational GreenSpace w/ Sherri 10:10am -11am Downstairs at School Flagpole		Open Chess Studio 10:10 am - 12	Upper Body Tone w/ Jason 10:10am -11am Sunken Garden		Intergenerational Zumba w/ Julissa 10:10am -11am Downstairs at School Flagpole	General Tech Help w/ USC GeroTech Students 10:10am -11am Tech Bar		
Come	Sing Along w/ Cris 11:10am - 12pm Art Room	Men's Group 11:10am - 12pm MPR		pm Library Corner	Conversa- tions w/ Rebecca 11:10am - 12pm Art Room	Board Games Social 11:10am - 12pm MPR					
Crochet Open Studio w/ Mary Beth 12:10pm - 1pm HT Space					Grief & Los Conversat Tom 12:10pm - MPR	ion w/ Stu Bet 1pm 12:	chet Open dio w/ Mary th 10pm - 1pm Space				
			Virtual Trip to Winnipeg, Canada 1:10pm - 2pm Art Room	Billiards for Beginners w/ Katie 1:10pm - 2pm MPR				Social Dance Party w/ Members 1:10pm - 2pm Art Room	Billiards for Beginners w/ Katie 1:10pm - 2pm MPR		
Intro to Jewelry Making w/ Jenny 2:10pm-3pm HT Space			Yoga for Creativity w/ Lisa 2:10pm - 3pm MPR		Nature Watercolor Painting w/ Karyn 2:10pm - 3pm MPR			Yoga for Creativity w/ Lisa 2:10pm - 3pm MPR			
Billiards for Beginners w/ Katie 3:10pm - 4pm MPR					Billiards for Beginners w/ Katie 3:10pm - 4pm MPR						



## Flexible Classes: September 15-18



Limited Seating - Sign up! 좌석이 한정되어 있으니 신청해 주세요



│ Seated Fitness Class │ 의자 피트니스 수업

스트 좌석이 안정되어 있으니 신성해 주세요					ㅠㅠ 의사 피트니스 우립					
Monday			Tuesday	Wednesday			Thursday			
w/ Irene 10:10am - 12pm Library	Balance and Stretch w/ Jason 10:10am -11am Sunken Garden		Intergenerational GreenSpace w/ Sherri 10:10am -11am Downstairs at School Flagpole	Open Chess Studio 10:10 am - 12	Upper Body Tone w/ Jason 10:10am -11am Sunken Garden		Intergenerational Zumba w/ Julissa 10:10am -11am Downstairs at School Flagpole	General Tech Help w/ USC GeroTech Students 10:10am -11am Tech Bar		
Corner	Sing Along w/ Cris 11:10am - 12pm Art Room	Men's Group 11:10am - 12pm MPR		pm Library Corner	Conversa -tions w/ Rebecca 11:10am -12pm Art Room	Games Social 11:10am - 12pm				
Crochet Beth 12:10pm HT Spac		io w/ Mary		Grief & Loss Conversation w/ Tom 12:10pm - 1pm MPR Crochet Open Studio w/ Mary Beth 12:10pm - 1pm HT Space						
			Billiards for Beginners w/ Katie 1:10pm - 2pm MPR				Social Dance Party w/ Members 1:10pm - 2pm Art Room	Billiards for Beginners w/ Katie 1:10pm - 2pm MPR		
Intro to Jewelry Making w/ Jenny 2:10pm-3pm HT Space			Yoga for Creativity w/ Lisa 2:10pm - 3pm MPR				Yoga for Creati 2:10pm - 3pm MPR	vity w/ Lisa		
Billiards for Beginners w/ Katie 3:10pm - 4pm MPR				Billiards for Beginners w/ Katie 3:10pm - 4pm MPR						