

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
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
10:10am - 11am
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



Flexible Classes: September 15-18



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Intergenerational GreenSpace w/ Sherri
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Downstairs at School Flagpole

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

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MPR

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2:10pm - 3pm
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