

Flexible Classes: October 27-30



Limited Seating - Sign up!
좌석이 한정되어 있으니 신청해 주세요



Seated Fitness Class
의자 피트니스 수업

Monday

Mahjong
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

Mindfulness w/ Sara & Shannon
11:10am - 12pm
Sunken Garden

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

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

Tuesday

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

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



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

Bingo with Board Member Adrienne Green
2:10pm - 4pm
Art Room

Wednesday

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



Sing the Classics w/ Jason
10:10am - 11am
Art Room

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

Board Games Social
11:10am - 12pm
MPR

Mindfulness w/ Sara & Shannon
11:10am - 12pm
Sunken Garden



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
3:10pm - 4pm
MPR

Tech Help w/ USC GeroTech
3:10pm - 4pm
Tech Bar

Thursday

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

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



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

Flexible Classes: November 3-7



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
11:10am - 12pm
Sunken Garden



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

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

Sing Along w/ Cris
12:10pm - 1pm
Art Room

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

Tuesday

Full Body Tone w/ Jason
11:10am - 12pm
Sunken Garden



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

Active Stretch w/ Lisa
1:10pm - 2pm
Sunken Garden



Wednesday

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

Balance & Stretch w/ Jason
11:10am - 12pm
Sunken Garden



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



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

Sing the Classics w/ Jason L.
12:10pm - 1pm
Art Room

Board Games Social
1:10pm - 2pm
HT Space

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

Thursday

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

Full Body Tone w/ Jason
11:10am - 12pm
Sunken Garden



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

Active Stretch w/ Lisa
1:10pm - 2pm
Sunken Garden

