

**MPR** 

## Flexible Classes: October 27-30



Limited Seating - Sign up!



**Seated Fitness Class** 

## 의자 피트니스 수업 좌석이 한정되어 있으니 신청해 주세요 Monday Tuesday Wednesday Thursday **Mahjong** 10:10am Intergenerational Flexibility Training Sing the **Upper Body** Intergenerational **Balance & Stretch Balance and Stretch** GreenSpace w/ w/ Jason Zumba w/ Julissa Tone w/ Jason Classics w/ w/ Jason w/ Jason - 12pm Sherri 10:10am -11am 10:10am -11am 10:10am -11am Jason 10:10am -11am Library 10:10am -11am 10:10am -11am Sunken Garden Sunken Garden Downstairs at 10:10am -11am Sunken Garden Corner Downstairs at Sunken Garden School Flagpole Art Room School Flagpole Mindful-Conversa-Mindfulness Board Men's Sing ness w/ w/ Sara & tion w/ Games Group Along w/ Sara & Shannon Rebecca Social Shannon Cris 11:10 11:10am -11:10am -11:10am -11:10am -11:10am am -12pm 12pm - 12pm Sunken 12pm 12pm 12pm Sunken Art Room Garden MPR Art Room MĖR Garden **Crochet Open Crochet Open Studio w/ Mary Grief & Loss** Studio w/ Mary Conversation w/ **Beth** Tom Beth 12:10pm - 1pm 12:10pm - 1pm 12:10pm - 1pm HT Space MPR HT Space **Billiards for Beginners w/** Billiards for Beginners w/ **Katie** Katie 1:10pm - 2pm 1:10pm - 2pm MPR MPR **Bingo with Board Member** Adrienne Green 2:10pm - 4pm Art Room Billiards for Billiards for Beginners w/ Tech Help w/ Beginners w/ USC GeroTech Katie Katie 3:10pm - 4pm 3:10pm - 4pm Tech Bar 3:10pm - 4pm

MPR



## Flexible Classes: November 3-7



Limited Seating - Sign up! 좌석이 한정되어 있으니 신청해 주세요



Seated Fitness Class 의자 피트니스 수업

□━□ 좌석이 한정되어 있으니 신정해 주세요		♡ 기사 피트니스 수업		
Monday		Tuesday	Wednesday	Thursday
Mahjong w/ Irene 10:10am - 12pm Library Corner				Intergenerational Zumba w/ Julissa 10:10am -11am Downstairs at School Flagpole
	Balance and Stretch w/ Jason 11:10am -12pm Sunken Garden	Full Body Tone w/ Jason 11:10am -12pm Sunken Garden	Conversations w/ Rebecca 11:10am - 12pm Art Room  Balance & Stretch w/ Jason 11:10am-12pm Sunken Garden	Full Body Tone w/ Jason 11:10am -12pm Sunken Garden
Crochet Ope Studio w/ M Beth 12:10pm - 1 HT Space	<b>ary Cris</b> 12:10pm - 1pm		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	
		Billiards for Beginners w/ Katie 1:10pm - 2pm Sunken Garden	Board Games Social 1:10pm - 2pm HT Space	Billiards for Beginners w/ Katie 1:10pm - 2pm Sunken Garden
Billiards for Beginners w/ Katie 3:10pm - 4pm MPR			Billiards for Beginners w/ Katie 3:10pm - 4pm MPR	