

Flexible Classes: October 13-16



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			
Intro to Jewelry Making w/ Jenny 2:10pm - 3pm HT Space			
Billiards for Beginners w/ Katie 3:10pm - 4pm MPR			

Tuesday

GenSpace will be closed on **Tuesday, October 14** in observance of Shemini Atzeret/Simchat Torah.

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: October 20-23



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의자 피트니스 수업

Monday

Mah-jong
10:10am - 12pm
Library Corner

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

November Survey Support
10:10am - 11am
Tech Bar

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

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

November Survey Support
10:10am - 11am
Tech Bar

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

Virtual Trip to Mexico City!
1:10pm - 2pm
Art Room

Wednesday

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

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

November Survey Support
10:10am - 11am
Tech Bar

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

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12:10pm - 1pm
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3:10pm - 4pm
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Tech Help w/ USC GeroTech
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