

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 A.
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 A.
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 A.
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 A.
11:10am - 12pm
Sunken Garden



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

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



Flexible Classes: November 10-13



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 A.
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

Intro to Jewelry Making w/ Jenny
2:10pm-3pm
HT Space

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

Tuesday

Full Body Tone w/ Jason A.
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 A.
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

AgeTech LA
4:00pm-6pm
1st Floor

Thursday

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

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

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

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