

Flexible Classes: January 19-22



Limited Seating - Sign up!
좌석이 한정되어 있으니 신청해 주세요



Seated Fitness Class
의자 피트니스 수업

Monday

Tuesday

Wednesday

Thursday

CLOSED
(MLK Day)

Monthly Survey Support

10am - 11am
Library Corner

Balance & Stretch w/ Jason

11am - 12pm
Sunken Garden

**Billiards for
Beginners
w/ Katie**

1pm - 2pm
MPR

**Active
Stretch w/
Lisa**

1pm - 2pm
Sunken
Garden

**General
Tech Help
w/ Ariana**

1pm - 2pm
Tech Bar

Stability & Core w/ Jill

2pm - 3pm
Sunken Garden

Monthly Survey Support

10am - 11am
Library Corner

Conversations w/ Rebecca

11am - 12pm
Art Room

**Sing the
Classics
w/ Jason
L.**

12pm -
1pm
Art Room

**Crochet
Open
Studio w/
Mary Beth**

12pm -
1pm
HT Space

**Grief &
Loss w/
Tom**

12pm -
1pm
MPR

**Active
Stretch
w/ Lisa**

12pm -
1pm
Sunken
Garden

General Tech Help w/ Ariana

1pm - 2pm
Tech Bar

Billiards for Beginners w/ Katie

3pm - 4pm
MPR

Monthly Survey Support

10am - 11am
Library Corner

Balance & Stretch w/ Jason

11am - 12pm
Sunken Garden

Intergen Zumba w/ Julissa

11am - 12pm
Flagpole

**Billiards for
Beginners
w/ Katie**

1pm - 2pm
MPR

**Active
Stretch w/
Lisa**

1pm - 2pm
Sunken
Garden

**General
Tech Help
w/ Ariana**

1pm - 2pm
Tech Bar

Stability & Core w/ Jill

2pm - 3pm
Sunken Garden

Flexible Classes: January 26-29



Limited Seating - Sign up!
좌석이 한정되어 있으니 신청해 주세요



Seated Fitness Class
의자 피트니스 수업

Monday

Mahjong w/ Irene
10am - 12pm
Library Corner

Mahjong w/ Irene
10am - 12pm
Library Corner

Men's Group
11am - 12pm
MPR

Fall Prevention w/ OT Interns
11am - 12pm
Art Room

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

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

Active Stretch w/ Lisa
12pm - 1pm
Sunken Garden

General Tech Help w/ Ariana
1pm - 2pm
Tech Bar

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

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

Tuesday

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

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

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

General Tech Help w/ Ariana
1pm - 2pm
Tech Bar

Stability & Core w/ Jill
2pm - 3pm
Sunken Garden

Wednesday

Conversations w/ Rebecca
11am - 12pm
Art Room

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

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

Grief & Loss w/ Tom
12pm - 1pm
MPR

Active Stretch w/ Lisa
12pm - 1pm
Sunken Garden

General Tech Help w/ Ariana
1pm - 2pm
Tech Bar

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

Thursday

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

Intergen Zumba w/ Julissa
11am - 12pm
Flagpole

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

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

General Tech Help w/ Ariana
1pm - 2pm
Tech Bar

Stability & Core w/ Jill
2pm - 3pm
Sunken Garden