

## 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**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

Tuesday

Wednesday

Thursday

**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
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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
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<b>General Tech Help w/ Ariana</b> 1pm - 2pm Tech Bar		
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<b>Intro to Jewelry Making w/ Jenny</b> 2pm-3pm HT Space		
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<b>Billiards for Beginners w/ Katie</b> 3pm - 4pm MPR		
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**Balance & Stretch w/ Jason**  
11am -12pm  
Sunken Garden

Billiards for Beginners w/ Katie 1pm - 2pm MPR	Active Stretch w/ Lisa 1pm - 2pm Sunken Garden	<b>General Tech Help w/ Ariana</b> 1pm - 2pm Tech Bar
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**Stability & Core w/ Jill**  
2pm -3pm  
Sunken Garden**Conversations w/ Rebecca**  
11am - 12pm  
Art Room

Sing the Classics w/ Jason L. 12pm -1pm Art Room	Crochet Open Studio w/ Mary Beth L. 12pm - 1pm HT Space	Grief & Loss w/ Tom 12pm - 1pm MPR	Active Stretch w/ Lisa 12pm - 1pm Sunken Garden
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<b>General Tech Help w/ Ariana</b> 1pm - 2pm Tech Bar		
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<b>Billiards for Beginners w/ Katie</b> 3pm - 4pm MPR		
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<b>Balance &amp; Stretch w/ Jason</b> 11am -12pm Sunken Garden	<b>Intergen Zumba w/ Julissa</b> 11am -12pm Flagpole
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Billiards for Beginners w/ Katie 1pm - 2pm MPR	Active Stretch w/ Lisa 1pm - 2pm Sunken Garden	<b>General Tech Help w/ Ariana</b> 1pm - 2pm Tech Bar
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<b>Stability &amp; Core w/ Jill</b> 2pm -3pm Sunken Garden		
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