

# Flexible Classes: February 23-26



**Limited Seating - Sign up!**  
좌석이 한정되어 있으니 신청해 주세요



**Seated Fitness Class**  
의자 피트니스 수업

| Monday  |   |   | Tuesday  |   |  | Wednesday   |   |   |   | Thursday   |   |   |
|---|---|---|--|---|--|---|---|---|---|--|---|---|
| <b>Mahjong w/ Irene</b><br>10am - 12pm<br>Library Corner          |   |   |  |   |  |   |   |   |   | <b>Intergen Zumba w/ Julissa</b><br>10am - 11am<br>Flagpole    |   |   |
| <b>Mahjong w/ Irene</b><br>10am - 12pm<br>Library Corner          |   | <b>Sing Along w/ Cris</b><br>11am - 12pm<br>Art Room          | <b>Full Body Tone w/ Jason</b><br>11am - 12pm<br>Sunken Garden |   | <b>Your AI Questions, Answered w/ Emily</b><br>11am - 12pm<br>Art Room | <b>Conversations w/ Rebecca</b><br>11am - 12pm<br>Art Room  |   |   |   | <b>Full Body Tone w/ Jason</b><br>11am - 12pm<br>Sunken Garden |   |   |
| <b>Crochet Open Studio w/ Mary Beth</b><br>12pm - 1pm<br>HT Space | <b>Men's Group</b><br>12pm - 1pm<br>MPR | <b>Full Body Tone w/ Jason</b><br>12pm - 1pm<br>Sunken Garden |  |   |  | <b>Co-Creation w/ Megan</b><br>12pm - 1pm<br>Art Room       | <b>Crochet Open Studio w/ Mary Beth</b><br>12pm - 1pm<br>HT Space | <b>Grief &amp; Loss w/ Tom</b><br>12pm - 1pm<br>MPR | <b>Full Body Tone w/ Jason</b><br>12pm - 1pm<br>Sunken Garden |  |   |   |
| <b>General Tech Help w/ Ariana</b><br>1pm - 2pm<br>Tech Bar       |   |   | <b>General Tech Help w/ Ariana</b><br>1pm - 2pm<br>Tech Bar    | <b>Billiards for Beginners w/ Katie</b><br>1pm - 2pm<br>MPR | <b>Stability &amp; Core w/ Jill</b><br>1pm - 2pm<br>Sunken Garden      | <b>General Tech Help w/ Ariana</b><br>1pm - 2pm<br>Tech Bar |   |   |   | <b>General Tech Help w/ Ariana</b><br>1pm - 2pm<br>Tech Bar    | <b>Billiards for Beginners w/ Katie</b><br>1pm - 2pm<br>MPR | <b>Stability &amp; Core w/ Jill</b><br>1pm - 2pm<br>Sunken Garden |
|   |   |   |  |   |  |   |   |   |   |  |   |   |
| <b>Billiards for Beginners w/ Katie</b><br>3pm - 4pm<br>MPR       |   |   |  |   |  | <b>Billiards for Beginners w/ Katie</b><br>3pm - 4pm<br>MPR |   |   |   |  |   |   |

# Flexible Classes: March 2-5



**Seated Fitness Class**  
의자 피트니스 수업

| Monday  |  | Tuesday   |  | Wednesday   |   | Thursday  |  |
|---|--|---|--|---|---|---|--|
| <b>Mahjong w/ Irene</b><br>10am - 12pm<br>Library Corner          |  | <b>OT Skills Lab w/ OT Interns</b><br>10am - 11am<br>HT Space     |  |   |   | <b>Intergen Zumba w/ Julissa</b><br>10am - 11am<br>Flagpole       |  |
| <b>Mahjong w/ Irene</b><br>10am - 12pm<br>Library Corner          | <b>Sing Along w/ Cris</b><br>11am - 12pm<br>Art Room | <b>Full Body Tone w/ Jason</b><br>11am - 12pm<br>Sunken Garden    |  | <b>Conversations w/ Rebecca</b><br>11am - 12pm<br>Art Room        | <b>Seated Mindful Movement w/ Diego</b><br>11am - 12pm<br>Sunken Garden | <b>Full Body Tone w/ Jason</b><br>11am - 12pm<br>Sunken Garden    |  |
| <b>Crochet Open Studio w/ Mary Beth</b><br>12pm - 1pm<br>HT Space | <b>Men's Group</b><br>12pm - 1pm<br>MPR              | <b>Billiards for Beginners w/ Katie</b><br>12pm - 1pm<br>MPR      | <b>Strength &amp; Tone w/ Natalia</b><br>12pm - 1pm<br>Sunken Garden | <b>Crochet Open Studio w/ Mary Beth</b><br>12pm - 1pm<br>HT Space | <b>Grief &amp; Loss w/ Tom</b><br>12pm - 1pm<br>MPR                     | <b>Billiards for Beginners w/ Katie</b><br>12pm - 1pm<br>MPR      | <b>Strength &amp; Tone w/ Natalia</b><br>12pm - 1pm<br>Sunken Garden |
| <b>General Tech Help w/ Ariana</b><br>1pm - 2pm<br>Tech Bar       |  | <b>General Tech Help w/ Ariana</b><br>1pm - 2pm<br>Tech Bar       | <b>Restorative Yoga w/ Lisa</b><br>1pm - 2pm<br>Sunken Garden        | <b>General Tech Help w/ Ariana</b><br>1pm - 2pm<br>Tech Bar       |   | <b>General Tech Help w/ Ariana</b><br>1pm - 2pm<br>Tech Bar       | <b>Restorative Stretch w/ Lisa</b><br>1pm - 2pm<br>Sunken Garden     |
|   |  | <b>Stability &amp; Core w/ Jill</b><br>1pm - 2pm<br>Sunken Garden |  |   |   | <b>Stability &amp; Core w/ Jill</b><br>2pm - 3pm<br>Sunken Garden |  |
| <b>Billiards for Beginners w/ Katie</b><br>3pm - 4pm<br>MPR       |  |   |  | <b>Billiards for Beginners w/ Katie</b><br>3pm - 4pm<br>MPR       |   |   |  |