

Flexible Classes: April 6-9



Seated Fitness Class
의자 피트니스 수업

Monday

Tuesday

Wednesday

Thursday

10am

Open Mahjong
Library Corner

Open Billiards
MPR

CLOSED
(Passover)

Open Billiards MPR	Tech for Fun! w/ USC Gero Tech Students Tech Bar	Intergen Zumba w/ Julissa Flagpole
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11am

Seated Mindful Movement w/ Diego
Sunken Garden

12pm

Crochet Open Studio w/ Mary Beth
HT Space

Men's Group
MPR

Seated Active Stretch w/ Lisa
Sunken Garden

Billiards for Beginners w/ Katie
MPR

Movement & Breath w/ Jeron
Sunken Garden

Billiards for Beginners w/ Katie
MPR

Movement & Breath w/ Jeron
Sunken Garden

1pm

Open Billiards
MPR

General Tech Help w/ Ariana
Tech Bar

Seated Bands & Balance w/ Julissa
Sunken Garden

General Tech Help w/ Ariana
Tech Bar

Strength & Tone w/ Natalia
Sunken Garden

General Tech Help w/ Ariana
Tech Bar

Strength & Tone w/ Natalia
Sunken Garden

2pm

Restorative Stretch w/ Lisa
Sunken Garden

EARLY CLOSURE
(Erev Passover)

Restorative Stretch w/ Lisa
Sunken Garden

3pm

Billiards for Beginners w/ Katie
MPR

Restorative Stretch w/ Lisa
Sunken Garden

Flexible Classes: April 13-16



Seated Fitness Class
의자 피트니스 수업

Monday	Tuesday	Wednesday	Thursday
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10am	Open Mahjong Library Corner			Open Billiards MPR						Open Billiards MPR			Tech for Fun! w/ USC Gero Tech Students Tech Bar			Intergen Zumba w/ Julissa Flagpole		
11am				Seated Mindful Movement w/ Diego Sunken Garden						Conversations w/ Rebecca Art Room			Seated Mindful Movement w/ Diego Sunken Garden					
12pm	Crochet Open Studio w/ Mary Beth HT Space	Men's Group MPR	Brain Healthy Habits (in English) Art Room	Seated Active Stretch w/ Lisa Sunken Garden	Billiards for Beginners w/ Katie MPR	Movement & Breath w/ Jeron Sunken Garden	Crochet Open Studio w/ Mary Beth HT Space	Brain Healthy Habits (in Korean) Art Room	Seated Active Stretch w/ Lisa Sunken Garden	Billiards for Beginners w/ Katie MPR	Movement & Breath w/ Jeron Sunken Garden							
1pm	Open Billiards MPR	General Tech Help w/ Ariana Tech Bar	Seated Bands & Balance w/ Julissa Sunken Garden	General Tech Help w/ Ariana Tech Bar			Strength & Tone w/ Natalia Sunken Garden	Open Billiards MPR	General Tech Help w/ Ariana Tech Bar	Seated Bands & Balance w/ Julissa Sunken Garden	General Tech Help w/ Ariana Tech Bar	Strength & Tone w/ Natalia Sunken Garden						
2pm				Restorative Yoga w/ Lisa Sunken Garden						Restorative Stretch w/ Lisa Sunken Garden								
3pm	Billiards for Beginners w/ Katie MPR									Billiards for Beginners w/ Katie MPR								