

# Flexible Classes: May 18-21



Seated Fitness Class  
의자 피트니스 수업

## Monday

## Tuesday

## Wednesday

## Thursday

<p><b>10am</b></p> <p><b>11am</b></p> <p><b>12pm</b></p> <p><b>1pm</b></p> <p><b>2pm</b></p> <p><b>3pm</b></p>	<p><b>Open Mahjong</b> Library Corner</p>	<p><b>Monthly Survey Support</b> Library Corner</p>	<p><b>Open Billiards</b> MPR</p>	<p><b>Seated Movement &amp; Breath w/ Jeron</b> Sunken Garden </p>	<p><b>Monthly Survey Support</b> Library Corner</p>	<p><b>Monthly Survey Support</b> Library Corner</p>	<p><b>Open Billiards</b> MPR</p>	<p><b>Seated Movement &amp; Breath w/ Jeron</b> Sunken Garden </p>	<p><b>Intergen Zumba w/ Julissa</b> Flagpole</p>	<p><b>Monthly Survey Support</b> Library Corner</p>	
			<p><b>Seated Mindful Movement w/ Diego</b> Sunken Garden </p>		<p><b>Seated Strength &amp; Tone w/ Natalia</b> Sunken Garden </p>	<p><b>Conversations w/ Rebecca</b> Art Room</p>	<p><b>Seated Mindful Movement w/ Diego</b> Sunken Garden </p>		<p><b>Seated Strength &amp; Tone w/ Natalia</b> Sunken Garden </p>		
	<p><b>Crochet Open Studio w/ Mary Beth</b> HT Space</p>	<p><b>Men's Group</b> MPR</p>	<p><b>Seated Active Stretch w/ Lisa</b> Sunken Garden </p>	<p><b>Billiards for Beginners w/ Katie</b> MPR</p>	<p><b>Restorative Yoga w/ Lisa</b> Sunken Garden</p>	<p><b>Crochet Open Studio w/ Mary Beth</b> HT Space</p>	<p><b>Grief &amp; Loss</b> MPR</p>	<p><b>Seated Active Stretch w/ Lisa</b> Sunken Garden </p>	<p><b>Billiards for Beginners w/ Katie</b> MPR</p>	<p><b>Restorative Yoga w/ Lisa</b> Sunken Garden</p>	
	<p><b>Open Billiards</b> MPR</p>	<p><b>General Tech Help w/ Ariana</b> Tech Bar</p>		<p><b>General Tech Help w/ Ariana</b> Tech Bar</p>		<p><b>Open Billiards</b> MPR</p>	<p><b>General Tech Help w/ Ariana</b> Tech Bar</p>		<p><b>General Tech Help w/ Ariana</b> Tech Bar</p>		
	<p><b>Billiards for Beginners w/ Katie</b> MPR</p>					<p><b>Billiards for Beginners w/ Katie</b> MPR</p>					

**EARLY CLOSURE**  
(Erev Shavout)

# Flexible Classes: May 25-28



Seated Fitness Class  
의자 피트니스 수업

Monday	Tuesday	Wednesday	Thursday
--------	---------	-----------	----------

**10am**

**11am**

**12pm**

**CLOSED**  
(Memorial Day)

**1pm**

**2pm**

**3pm**

<b>Open Billiards</b> MPR	<b>Seated Movement &amp; Breath w/ Jeron</b> Sunken Garden
	<b>Seated Strength &amp; Tone w/ Natalia</b> Sunken Garden
<b>Billiards for Beginners w/ Katie</b> MPR	<b>Restorative Yoga w/ Lisa</b> Sunken Garden
<b>General Tech Help w/ Ariana</b> Tech Bar	

<b>Conversations w/ Rebecca</b> Art Room	<b>Seated Mindful Movement w/ Diego</b> Sunken Garden	
<b>Crochet Open Studio w/ Mary Beth</b> HT Space	<b>Grief &amp; Loss</b> MPR	<b>Seated Active Stretch w/ Lisa</b> Sunken Garden
<b>Open Billiards</b> MPR	<b>General Tech Help w/ Ariana</b> Tech Bar	
<b>Billiards for Beginners w/ Katie</b> MPR		

<b>Open Billiards</b> MPR	<b>Seated Movement &amp; Breath w/ Jeron</b> Sunken Garden	<b>Intergen Zumba w/ Julissa</b> Flagpole
	<b>Seated Strength &amp; Tone w/ Natalia</b> Sunken Garden	
<b>Billiards for Beginners w/ Katie</b> MPR	<b>Restorative Yoga w/ Lisa</b> Sunken Garden	
<b>General Tech Help w/ Ariana</b> Tech Bar		