

Flexible Classes: July 27-30

	Monday	Tuesday	Wednesday	Thursday
10am	Open Mahjong (Mon only) Library Corner	Open Billiards MPR	General Tech Help w/ Gerardo Tech Bar	Open Billiards MPR
	General Tech Help w/ Gerardo Tech Bar	General Tech Help w/ Sara Tech Bar	Everyday Wellness w/ OT Interns MPR	General Tech Help w/ Sara Tech Bar
	Everyday Wellness w/ OT Interns MPR	Seated Movement & Breath w/ Jeron Sunken Garden	Seated Resistance Bands w/ Julissa Sunken Garden	Seated Movement & Breath w/ Jeron Sunken Garden
11am		Seated Stretch w/ Jason Sunken Garden	Conversations w/ Rebecca Art Room	Seated Stretch w/ Jason Sunken Garden
	Seated Mindful Movement w/ Diego Sunken Garden		Seated Mindful Movement w/ Diego Sunken Garden	
12pm	Men's Group w/ Tom MPR	GenSpace Sings w/ Jeron Art Room	Grief & Loss w/ Tom MPR	GenSpace Sings w/ Jeron Art Room
1pm	Open Billiards MPR	General Tech Help w/ Alyssa Tech Bar	Open Billiards MPR	General Tech Help w/ Alyssa Tech Bar
2pm			General Tech Help w/ Jordan Tech Bar	
	Crochet Open Studio w/ Mary Beth HT Space		Crochet Open Studio w/ Mary Beth HT Space	
3pm				



Seated Fitness Class
의자 피트니스 수업

Flexible Classes: August 3-6



Seated Fitness Class
의자 피트니스 수업

	Monday	Tuesday	Wednesday	Thursday
10am	Open Mahjong (Mon only) Library Corner	Open Billiards MPR	Spanish Basics w/ Miguel Art Room	Open Billiards MPR
	Spanish Basics w/ Miguel Art Room	Seated Movement & Breath w/ Jeron Sunken Garden	Brain Games w/ Rachel MPR	Seated Movement & Breath w/ Jeron Sunken Garden
	Brain Games w/ Rachel MPR		Resistance Bands w/ Julissa Sunken Garden	
11am		Seated Stretch w/ Jason Sunken Garden	Korean Culture & Conversations w/ MK HT Space	Seated Stretch w/ Jason Sunken Garden
	Tech at GenSpace (Korean) w/ OT Interns Art Room		Seated Mindful Movement w/ Diego Sunken Garden	
	Korean Culture & Conversations w/ MK HT Space			
12pm	Men's Group w/ Tom MPR	GenSpace Sings w/ Jeron Art Room	Grief & Loss w/ Tom MPR	GenSpace Sings w/ Jeron Art Room
1pm	Open Billiards MPR	General Tech Help w/ Jordan Library Corner	Open Billiards MPR	General Tech Help w/ Jordan Tech Bar
2pm			General Tech Help w/ Jordan Tech Bar	
			Crochet Open Studio w/ Mary Beth HT Space	
3pm				
4pm		Member Casino Night! 2nd Floor		