

Flexible Classes: July 20-23



Seated Fitness Class
의자 피트니스 수업

	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				
	Crochet Open Studio w/ Mary Beth HT Space		Crochet Open Studio w/ Mary Beth HT Space	
3pm				

Monthly Survey Support Monday - Thursday 10am-11am
Library Corner

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
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