

Flexible Classes: August 17-20



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
11am		Seated Stretch w/ Jason Sunken Garden	Resistance Bands w/ Julissa Sunken Garden	Seated Stretch w/ Jason Sunken Garden
	Korean Culture & Conversations w/ MK HT Space		Conversations w/ Rebecca Art Room	Seated Mindful Movement w/ Diego Sunken Garden
12pm	Men's Group w/ Tom MPR	GenSpace Sings w/ Jeron Art Room	Living Well After 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 Library Corner
2pm			General Tech Help w/ Jordan Library Corner	
	Crochet Open Studio w/ Mary Beth HT Space		Crochet Open Studio w/ Mary Beth HT Space	
3pm				

SURVEY WEEK! Monthly Survey Support Monday - Thursday 10am-11am
Library Corner

Flexible Classes: August 24-27



Seated Fitness Class
의자 피트니스 수업

	Monday	Tuesday	Wednesday	Thursday
10am	Open Mahjong (Mon only) Library Corner	Open Billiards MPR	Spanish Basics w/ Ariana Art Room	Open Billiards MPR
	Spanish Basics w/ Ariana Art Room	Seated Movement & Breath w/ Jeron Sunken Garden	Brain Games w/ Rachel MPR	Seated Movement & Breath w/ Jeron Sunken Garden
11am		Seated Stretch w/ Jason Sunken Garden	Resistance Bands w/ Julissa Sunken Garden	
	Korean Culture & Conversations w/ MK HT Space		Conversations w/ Rebecca Art Room	Seated Stretch w/ Jason Sunken Garden
	Seated Mindful Movement w/ Diego Sunken Garden		Korean Culture & Conversations w/ MK HT Space	Seated Mindful Movement w/ Diego Sunken Garden
12pm	Men's Group w/ Tom MPR	GenSpace Sings w/ Jeron Art Room	Living Well After Loss w/ Tom MPR	GenSpace Sings w/ Jeron Art Room
1pm	Open Billiards MPR	General Tech Help w/ Ariana Library Corner	Open Billiards MPR	General Tech Help w/ Ariana Library Corner
2pm			General Tech Help w/ Ariana Library Corner	
	Crochet Open Studio w/ Mary Beth HT Space		Crochet Open Studio w/ Mary Beth HT Space	
3pm				
4pm		Co-Creation MPR		