

Flexible Classes: October 19-October 22



Seated Fitness Class
의자 피트니스 수업

	Monday	Tuesday	Wednesday	Thursday
10am	Open Mahjong Library Corner	Open Billiards MPR	Resistance Bands w/ Julissa Sunken Garden	Open Billiards MPR
11am	Conversations w/ Rebecca Art Room	Seated Movement & Breath w/ Jeron Sunken Garden	Conversations w/ Rebecca Art Room	Seated Movement & Breath w/ Jeron Sunken Garden
12pm	Brain Health for Longevity w/ OT Interns Art Room	Seated Stretch w/ Jason Sunken Garden	Seated Mindful Movement w/ Diego Sunken Garden	Seated Stretch w/ Jason Sunken Garden
1pm	Men's Group w/ Tom MPR	GenSpace Sings w/ Jeron Art Room	Brain Health for Longevity w/ OT Interns Art Room	GenSpace Sings w/ Jeron Art Room
2pm	Open Billiards MPR		TED Talk Wednesday MPR	
3pm	General Tech Help Tech Bar		Open Billiards MPR	
	Crochet Open Studio w/ Mary Beth HT Space		General Tech Help Tech Bar	
			Crochet Open Studio w/ Mary Beth HT Space	

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

Flexible Classes: October 26-October 29



Seated Fitness Class
의자 피트니스 수업

	Monday	Tuesday	Wednesday	Thursday
10am	Open Mahjong Library Corner	Open Billiards MPR	Resistance Bands w/ Julissa Sunken Garden	Open Billiards MPR
11am	Conversations w/ Rebecca Art Room	Seated Movement & Breath w/ Jeron Sunken Garden	Conversations w/ Rebecca Art Room	Seated Movement & Breath w/ Jeron Sunken Garden
12pm	Brain Health for Longevity w/ OT Interns Art Room	Seated Stretch w/ Jason Sunken Garden	Seated Mindful Movement w/ Diego Sunken Garden	Seated Stretch w/ Jason Sunken Garden
1pm	Men's Group w/ Tom MPR	GenSpace Sings w/ Jeron Art Room	Brain Health for Longevity w/ OT Interns Art Room	GenSpace Sings w/ Jeron Art Room
2pm	Open Billiards MPR		TED Talk Wednesday MPR	
3pm	General Tech Help Tech Bar		Open Billiards MPR	
4pm	Crochet Open Studio w/ Mary Beth HT Space		General Tech Help Tech Bar	
			Crochet Open Studio w/ Mary Beth HT Space	
		Co-Creation MPR		