

Monday			Tuesday			Wednesday			Thursday			Friday		
Senior Center Closed Labor Day		01	10:00 am	Senior Circle/Chess Club	02	8:30 am	Friendship Circle	03	9:00 am	Samba	04	9:00 am	Walking Group	05
		10:00 am	Beginner Line Dancing	9:00 am	Walking Group	9:30 am	Scrabble	9:30 am	Ceramics					
		10:30 am	Therapy Dogs	9:15 am	Stronger Seniors	10:00 am	Senior Circle	10:00 am	Bingo					
		11:00 am	Advanced Line Dancing	9:30 am	Blood Pressure Drop-in	10:00 am	Cardio Drumming	10:00 am	Strength & Flex					
		12:00 pm	Lunch	10/11:00 am	Strength & Flex	12:00 pm	Lunch	11:00 am	Light & Lively					
		12:30 pm	Mahjong	12:00 pm	Lunch	12:30 pm	Chair Volleyball	12:00 pm	Lunch					
		1:00 pm	Red Hats	12:30 pm	Body Sculpt	12:30 pm	Duplicate Bridge	12:30 pm	Setback					
		1:00 pm	Watercolor & Oil	12:30 pm	Social Bridge	1:00 pm	Hand & Foot	12:30 pm	Advanced Tai Chi					
		1:30 pm	Advanced Tai Chi	12:45 pm	Mexican Train Dominoes	1:00 pm	Quilting	12:45 pm	Cribbage					
2:30 pm	Beginner Tai Chi	1:20 pm	Light & Lively	1:00 pm	Hiking	1:30 pm	Beginner Tai Chi	Foot Care — By Appointment						
2:20/3:20 pm	Yoga	2:20/3:20 pm	Yoga	2:30 pm	Zumba Gold									
9:00 am	Walking Group	08	9:00 am	Senior Advisory	09	8:30 am	Bocce/Friendship Circle	10	9:00 am	Samba	11	9:00 am	Walking Group	12
9:30 am	Ceramics/Women’s Group	10:00 am	Senior Circle	9:00 am	Walking Group	9:00 am	Walking Group	9:30 am	Scrabble	9:30 am	Ceramics			
10:00 am	Board Game/Strength & Flex	10:00 am	Chess Club	9:15 am	Stronger Seniors	9:15 am	Stronger Seniors	10:00 am	Senior Circle	10:00 am	Bingo			
10:45 am	Men’s Group	10:00 am	Beginner Line Dancing	9:30 am	Blood Pressure Drop-in	9:30 am	Blood Pressure Drop-in	10:00 am	Cardio Drumming	10:00 am	Strength & Flex			
11:00 am	Light & Lively	11:00 am	Advanced Line Dancing	10/11:00 am	Strength & Flex	10/11:00 am	Strength & Flex	12:00 pm	Lunch	11:00 am	Light & Lively			
12:00 pm	Lunch	12:00 pm	Lunch	12:00 pm	Lunch	12:00 pm	Lunch	12:30 pm	Chair Volleyball	12:00 pm	Lunch			
12:30 pm	Body Sculpt/Pinochle	12:30 pm	Mahjong	12:30 pm	Body Sculpt	12:30 pm	Body Sculpt	12:30 pm	Duplicate Bridge	12:30 pm	Setback			
12:45 pm	Samba	1:00 pm	Movie: A Million Miles Away	12:30 pm	Social Bridge	12:30 pm	Social Bridge	1:00 pm	Hand & Foot	12:30 pm	Advanced Tai Chi			
1:00 pm	Music Circle/Biking	1:00 pm	Watercolor & Oil	12:45 pm	Mexican Train Dominoes	12:45 pm	Mexican Train Dominoes	1:00 pm	Quilting	12:45 pm	Cribbage			
1:20 pm	Light & Lively	1:30 pm	Advanced Tai Chi	1:20 pm	Light & Lively	1:20 pm	Light & Lively	2:30 pm	Zumba Gold	1:30 pm	Beginner Tai Chi	Podiatry Doctor — By Appointment		
2:20/3:20 pm	Yoga	2:30 pm	Beginner Tai Chi	2:20/3:20 pm	Yoga	File of Life—by Appointment								
9:00 am	Walking Group	15	10:00 am	Senior Circle	16	8:30 am	Bocce/Friendship Circle	17	Senior Picnic Northwest Park 11:30 AM—1:30 PM No Classes, Activities, or Programs No Cafeteria Lunch		18	9:00 am	Walking Group	19
9:30 am	Ceramics/Women’s Group	10:00am	Chess Club	9:00 am	Walking Group	9:30 am	Ceramics							
10:00 am	Board Game/Strength & Flex	10:00 am	Beginner Line Dancing	9:15 am	Stronger Seniors	10:00 am	Bingo							
10:45 am	Men’s Group	10:30 am	Book Group	9:30 am	Blood Pressure Drop-in	10:00 am	Strength & Flex							
11:00 am	Light & Lively	11:00 am	Advanced Line Dancing	10/11:00 am	Strength & Flex	11:00 am	Light & Lively							
12:00 pm	Lunch	12:00 pm	Lunch	10:30 am	Medication Take Back	12:00 pm	Lunch							
12:30 pm	Body Sculpt/Pinochle	12:30 pm	Mahjong	11:00 am	Newcomer’s Meeting	12:30 pm	Setback							
12:45 pm	Samba	12:45 pm	Salsa Dance Demo	12:00 pm	Lunch	12:30 pm	Advanced Tai Chi							
1:00 pm	Music Circle	1:00 pm	Watercolor & Oil	12:30 pm	Body Sculpt/Social Bridge	12:30 pm	Advanced Tai Chi							
1:20 pm	Light & Lively	1:30 pm	Advanced Tai Chi	12:45 pm	Mexican Train Dominoes	12:45 pm	Cribbage							
2:20/3:20 pm	Yoga	2:30 pm	Beginner Tai Chi	1:20 pm	Light & Lively	1:30 pm	Beginner Tai Chi	Foot Care — By Appointment						
2:20/3:20 pm	Yoga	2:30 pm	Beginner Tai Chi	2:20/3:20 pm	Yoga									
8:45 AM	AARP Safe Driver Course	22	9:30 am	Paint Class	23	8:30 am	Bocce/Friendship Circle	24	9:00 am	Samba	25	9:00 am	Walking Group	26
9:00 am	Walking Group	10:00 am	Senior Circle	9:00 am	Walking Group	9:00 am	Walking Group	9:30 am	Scrabble	9:30 am	Ceramics			
9:30 am	Ceramics/Women’s Group	10:00 am	Chess Club	9:15 am	Stronger Seniors	9:15 am	Stronger Seniors	10:00 am	Senior Circle	10:00 am	Bingo			
10:00 am	Board Game/Strength & Flex	10:00 am	Beginner Line Dancing	9:30 am	Blood Pressure Drop-in	9:30 am	Blood Pressure Drop-in	10:00 am	Cardio Drumming	10:00 am	Strength & Flex			
10:45 am	Men’s Group	10:00 am	Advanced Line Dancing	10/11:00 am	Strength & Flex	10/11:00 am	Strength & Flex	11:00 am	Grief and Loss	11:00 am	Light & Lively			
11:00 am	Light & Lively	12:00 pm	Lunch	12:00 pm	Birthday Lunch	12:00 pm	Birthday Lunch	12:00 pm	Lunch	12:00 pm	Lunch			
12:00 pm	Lunch	12:30 pm	Mahjong	12:30 pm	Body Sculpt	12:30 pm	Body Sculpt	12:30 pm	Chair Volleyball	12:30 pm	Setback			
12:30 pm	Body Sculpt/Pinochle	12:30 pm	A Celebration of Service	12:30 pm	Social Bridge	12:30 pm	Social Bridge	12:30 pm	Duplicate Bridge	12:30 pm	Advanced Tai Chi			
12:45 pm	Samba	1:00 pm	Watercolor & Oil	12:45 pm	Mexican Train Dominoes	12:45 pm	Mexican Train Dominoes	1:00 pm	Hand & Foot	12:30 pm	Advanced Tai Chi			
1:00 pm	Ice Cream Social!/Music Cir/Biking	1:00 pm	Watercolor & Oil	1:20 pm	Light & Lively	1:20 pm	Light & Lively	1:00 pm	Quilting	12:45 pm	Cribbage			
1:20 pm	Light & Lively	1:30 pm	Advanced Tai Chi	1:20 pm	Light & Lively	1:20 pm	Light & Lively	1:00 pm	Quilting	1:30 pm	Beginner Tai Chi			
2:20/3:20 pm	Yoga	2:30 pm	Beginner Tai Chi	2:20/3:20 pm	Yoga				2:30 pm	Zumba Gold				
9:00 am	Walking Group	29	10:00 am	Meditation Strategies	30	Available Daily 8:30am—4:15pm Billiards Double 6 Dominoes Computer Room			September 2025					
9:30 am	Ceramics/Women’s Group	10:00 am	Senior Circle											
10:00 am	Board Game/Strength & Flex	10:00 am	Chess Club											
10:45 am	Men’s Group	10:00 am	Beginner Line Dancing											
11:00 am	Light & Lively	11:00 am	Advanced Line Dancing											
12:00 pm	Lunch	12:00 pm	Lunch											
12:30 pm	Body Sculpt/Pinochle	12:30 pm	Mahjong											
12:45 pm	Samba	1:00 pm	Watercolor & Oil											
1:00 pm	Music Circle	1:30 pm	Advanced Tai Chi											
1:20 pm	Light & Lively	2:30 pm	Beginner Tai Chi											
2:20/3:20 pm	Yoga													