

Fitness activities

Pilates

Mondays at 10:00 am

Men's Exercise

Mondays at 9:15 am
Wednesdays at 9:15 am
Fridays at 11:00am



Arthritis Exercise

Tuesdays at 9:00 am
Thursdays at 9:00 am

Balance & Flexibility

Mondays at 1:00 pm
Fridays at 9:30 am

Line Dance

Tuesdays at 4:00 pm
Wednesdays at 10:00 am
Thursdays at 1:30 pm



Cardio Crush

Thursdays at 10:15 am

Combination Exercise

Tuesdays at 10:30 am

Tai Chi

Tuesdays at 2:00 pm



Textile Arts

Knit-Crochet

Tuesdays at 2:00 pm

Beginning Crochet

Wednesdays at 1:00 pm

Party Quilters

Thursdays at 9:00 am

Beginning Quilters

Fridays at 9:00 am



Fine Arts

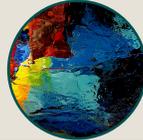
Mixed Media

Tuesdays at 9:00 am

Fridays at 9:00 am

Basic Drawing

Wednesdays at 2:00pm



Social Groups

Hispanic Social Circle

Wednesdays at 9:00 am

Illusion of Living

Thursdays at 9:00 am

Grief Support Group

Tuesdays at 2:00 pm



Monthly Parties
Monthly Travel
Birthday Celebration

Billiards
Computer Classes
Nutrition Classes
Craft Classes
Spanish Classes

Other Services

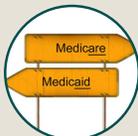
Legal Services

First Tuesday of the Month
at 11:00 am
Appt. Required



HICAP

First Wednesday of the Month
at 11:00 am
Appt. Required



Game

Bingo

Mondays at 2:00 pm

Fridays at 1:30 pm

Party Bridge

Mondays at 9:30am

Women's Improvement Bridge

1st and 3rd Tuesdays
at 1:00pm



Food Program

Lunch

Monday-Friday
at 12:00 pm

