

## Fitness activities

### Pilates Plus

Mondays at 10:00 am

### Musical Movement

Mondays at 11:00 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



### Cardio Crush

Thursdays at 10:15 am

### Combination Exercise

Tuesdays at 11:00 am

### Tai Chi

Tuesdays at 1:30 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



## Tech Time

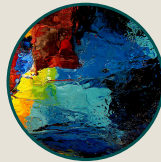
1st Wednesday of the Month  
at 1:00pm

## Fine Arts

### Color & Chill

Tuesdays at 9:00 am

Fridays at 9:00 am



## 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

## Boogie Break



## Game

### Bingo

Mondays at 2:00 pm

Fridays at 1:30 pm

### Party Bridge

Mondays at 9:30am



Billiards  
Computer Classes  
Nutrition Classes  
Craft Classes  
Spanish Classes

## Karaoke

2<sup>nd</sup> & 4<sup>th</sup> Thursday of the Month  
at 1:00pm-

## Other Services

### Legal Services

First Tuesday of the Month  
at 11:00 am

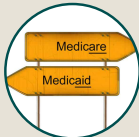
*Appt. Required*



### HICAP

1st & 2<sup>nd</sup> Wednesday  
of the Month  
at 9:00 am

*Appt. Required*



## Food Program

### Lunch

Monday-Friday  
at 12:00 pm

