



MONDAY

9:00-Noon	Blood Pressure Checks		Multi-Purpose Rm.
9:30-10:15	AFEP	\$20 punch card at office	Group Fitness Rm.
10:00-Noon	Beginning Sewing	1 st Monday	Craft Room
10:00-Noon	Diamond Dotz	2 nd Monday	Craft Room
10:00-Noon	Sew Your Own Project	3 rd Monday	Craft Room
10:30-11:15	Zumba Gold	Punch card from instructor	Group Fitness Rm.
11:30-12:30	Cardio-Drumming	\$15 punch card at office	Group Fitness Rm.
1:00-3:30	Pickleball	\$20 punch card at office	Group Fitness Rm.

TUESDAY

10:00-11:00	Yoga	\$28 punch card at office	Group Fitness Rm.
11:30-12:30	Tai Chi	\$24 punch card at office	Group Fitness Rm.
12:00-3:00	VBT Quilting	Drop-in \$2	Craft Rm.
12:00-3:00	Crochet/Knitting	Drop-in	Game Rm.
1:00-2:00	Beginner Tai Chi	\$24 punch card at office	Group Fitness Rm.

WEDNESDAY

9:30-10:15	AFEP	\$20 punch card at office	Group Fitness Rm.
10:30-11:15	Zumba Gold	Punch card from instructor	Group Fitness Rm.
12:30-3:30	We Care Quilting	2 nd & 4 th Wed. – Drop-in \$1	Craft Rm.
1:00-3:30	Pickleball	\$20 punch card at office	Group Fitness Rm.

THURSDAY

10:00-11:00	Yoga	\$28 punch card at office	Group Fitness Rm.
10:00-Noon	Card-Making	1 st & 3 rd Thur. \$5 fee	Multi-Purpose Rm.
12:00-2:00	Trivia	2 nd & 4 th Thur.	Library
12:00-3:00	Beading	Nominal fee for materials	Craft Rm.
1:00-3:00	Game Day	1 st & 3 rd Thurs. Drop-in	Library

FRIDAY

9:30-10:15	AFEP	\$20 punch card at office	Group Fitness Rm.
10:30-11:15	Zumba Gold	Punch card from instructor	Group Fitness Rm.
12:30-2:00	Bingo	Drop-in	Game Rm.
1:00-3:30	Pickleball	\$20 punch card at office	Group Fitness Rm.

- Monday Sewing Classes begin in June
- Billiards & Fitness Rooms are open Mon-Fri, 7:30 am – 3:30 pm
- Gift Shop is open Mon-Fri, 10 am – 2 pm
- Foot Doctor (call the Center for appointment)
- Norwegian Massage (Call Sissel at 734-340-3766 for appointment)