



Class Schedule is subject to change based on participation

MONDAY

9:00-Noon	BP & Meds Checks	Drop-in	Multi-Purpose Rm.
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.
10:30-12:30	Beginning Sewing	1 st Monday, sign up req	Craft Room
10:30-12:30	Diamond Dotz	2 nd Monday, sign up req	Craft Room
10:30-12:30	Sew Your Own Project	3 rd Monday, sign up req	Craft Room
12:00-12:45	Cardio-Drumming	\$15 punch card at office	Group Fitness Rm.
Noon-1:00	Lunch and Learn	4 th Monday, no fee, sign up req	Library
1:00-3:30	Pickleball	\$20 punch card at office	Group Fitness Rm.

TUESDAY

9:30-10:30	Bible Study	2 nd & 4 th Tues, sign up req	Remote
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.
1:00-2:30	Chronic Pain Group	2 nd & 4 th Tues, no fee, drop-in	Multi-Purpose Rm.
1:00-2:00	Beginner Tai Chi	\$24 punch card	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.
11:30-2:30	Restaurant Club	2 nd Wednesday, sign up req	
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	Drop-in	Craft Rm.
1:00-3:00	Game Day	1 st & 3 rd Thurs. Drop-in	Bingo Room

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.
10:30-11:30	Strength & Balance Class	10/27, 11/17, 12/15 no fee	Small Gym
12:30-2:00	Penny Bingo	Members only	Game Rm.
1:00-3:30	Pickleball	\$20 punch card at office	Group Fitness Rm.

- ❖ 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)