

PROGRAMS (SEPT-DEC 2016)

MONDAY <i>(No Classes Oct 10, 2016)</i>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>No classes Nov 11, 2016</i>	SATURDAY
9-11 PICKLEBALL <i>Every Monday, Drop-in</i>	9-11 KNITTING <i>Every Tues</i>	9-12 JAM SESSION/SING-A-LONG <i>Every Wed</i>	9-11:30 BADMINTON/PING PONG <i>Sept 22-Dec 22, 2016</i>	9-11 PICKLEBALL <i>Every Fri</i>	9:30-10:30 PILATES <i>Oct 1-Nov 5 (6W) Nov 12-Dec 17 (6W)</i>
9-12 QUILTING <i>Every Monday, Drop-in</i>	9-11:30 BADMINTON <i>Every Tues</i>	9:30-10:30 LINE DANCING I <i>Sept 21-Oct 26 (6W) Nov 2-Dec 7 (6W)</i>	9-10 STRONG & STABLE <i>Sept 22- Oct 27 (6W) Nov 3- Dec 8 (6W)</i>	9-12 UKULELE <i>Every Friday</i>	9:30-12:30 ENCAUSTIC ART <i>Nov 5 OR Nov 12 (1-Day Workshop)</i>
9:30-11:30 OIL PAINTING <i>Oct 24-Dec 12 (12 W)</i>	9-10 STRONG & STABLE <i>Sept 27- Nov 1 (6W) Nov 8- Dec 13 (6W)</i>	10-11:30 SELF-ENRICHMENT <i>Sept 21-Nov 9 (8W)</i>	9:30-11:30 HAND & FOOT CANASTA <i>Every Thurs</i>	9:30-11:30 INTRO TO EXCEL <i>Oct 7-28 (4W)</i>	9:30-12:30 COLLAGE WORKSHOP <i>Oct 1 & Oct 8</i>
9:30-10:30 COFFEE CHAT <i>Every Monday</i>	9-10 SEWING 10:30-12:30 <i>Sept 13- Dec 13</i>	11-12 TAI CHI <i>Sept 21-Oct 26 Nov 2-Dec 7</i>	9:45-10:45 MEDITATION <i>Every Thurs</i>	10-11 KEEP FIT MODERATE <i>Sept 23-Oct 28 (6W) Nov 4-Dec 16 (6W)</i>	10-12:30 CONTEMPORARY CALLIGRAPHY <i>Oct 22 & 29</i>
9:45-10:45 CHAIR HOCKEY <i>Sept 19-Dec 12 (Drop-In)</i>	12-2:30 FLOOR CURLING LEAGUE <i>Sept 20-Dec 16</i>	12-2 CULTURAL CIRCLE <i>Every Wed</i>	11-12 SIT & BE FIT <i>Sept 22-Oct 27 (6W) Nov 3-Dec 8 (6W)</i>	12:30-2:30 DRAWING CLASS <i>Sept 30-Nov 4 (6W)</i>	10-12:30 LETTERING WITH WATERCOLOUR <i>Nov 19 & 26</i>
11-12:30 PICKLEBALL-BEGINNERS <i>Every Monday, Drop-in</i>	12:30-2:30 BRIDGE/CANASTA/ WHIST <i>Every Tues</i>	12:30-2:30 WHIST TOURNAMENT <i>First Wed of the month</i>	12-2:30 PICKLEBALL <i>Every Thurs DROP-IN</i>	12-2:30 FLOOR CURLING LEAGUE <i>Sept 23-Dec 16</i>	10:45-11:45 STRETCH CLASS <i>Oct 1-Nov 5 Nov 12-Dec 17</i>
11-12 SIT & BE FIT <i>Sept 19-Oct 31 (6W) Nov 7-Dec 12 (6W)</i>	1:30-3:30 WATERCOLOURS <i>Sept 20-Nov 22 (8W)</i>	1-2 KEEP FIT ACTIVE <i>Sept 21-Oct 26 Nov 2-Dec 7</i>	12:15-2:30 CRIBBAGE <i>Every Thurs</i> 12:30-2:30 CANASTA <i>Every Thursday</i>	12:15-2:15 CONVERSATION CIRCLE <i>Every Friday</i>	12-1 ZUMBA <i>Oct 1-Dec 17</i>
12:30-2:30 BINGO <i>Every Monday, Drop-in</i>	2:30-3:30 FUN FLOOR CURLING <i>Sept 16-Dec 12</i>	1-3 LEARN TO PLAY POOL <i>Every Wed</i>	1-4 ACRYLIC PAINTING <i>Sept 22-Oct 27 (6W)</i>	2-3:30 MONTHLY BIRTHDAY PARTY <i>Last Friday of the Month</i>	
1-2 KEEP FIT ACTIVE <i>Sept 19-Oct 31 (6W) Nov 7-Dec 12 (6W)</i>	3-4 CHAIR ZUMBA <i>Sept 20-Oct 25 (6W) Nov 1-Dec 6 (6W)</i>	1:30-2:30 PM GENTLE YOGA <i>Sept 21-Oct 26 Nov 2-Dec 7</i>	2:30-4 PICKLEBALL-BEGINNERS <i>Every Thurs</i>	2:30-3:30 ENGLISH CLASS <i>Every Friday</i>	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2:30-3:30 PM LINE DANCING II- CANCELLED	6-7 PM BARRE Sept 27-Nov 1 Nov 8-Dec 13	2:30-4 PM HAND DRUMMING CANCELLED	3-4 LIVING FIT Sept 22-Oct 27 (6W) Nov 3-Dec 8 (6W)	3-4 YOGA FOR STRENGTH Sept 23-Oct 28 (6 Wks) Nov 4-Dec 16 (6 Wks)	
	6-8 PM ART & POETRY CANCELLED	3-4 PM CHAIR YOGA Sept 21-Oct 26 Nov 2-Dec 7	3-5 COMPUTER I Sept 29-Oct 27 (5W) 3-5 COMPUTER II Nov 3- Dec 1 (5W)		
	7:15-8:15 PM TABATA Sept 27-Nov 1 Nov 8-Dec 13		5-6:30 FRENCH I/II Sept 29-Dec 15 (12W)		
	7-8 PM SWING DANCE Oct 4-Nov 22		6:45-8:15 SPANISH I/II Sept 29-Dec 15 (12W)		
	7:30-8:30 PM ALIGN & RESTORE YOGA CANCELLED		6-8 PICKLEBALL Sept 22-Dec 15 (Drop-in)		
			6-8:30 POTTERY <i>Cancelled</i>		