

FALL PROGRAMS (SEPT-DEC 2018)

| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|--|---|--|--|--|---|
| <u>POOL/BILLIARDS</u> 9 AM-4 PM | <u>POOL/BILLIARDS</u> 9 AM-4 PM | <u>POOL/BILLIARDS</u> 9 AM-4 PM | <u>POOL/BILLIARDS</u> 9 AM-4 PM | <u>POOL/BILLIARDS</u> 9 AM-4 PM | <u>POOL/BILLIARDS</u> 9:30 AM-12:30 PM |
| \$4M/\$10 NM (/2 Hrs) | \$4M/\$10 NM (/2 Hrs) | \$4M/\$10 NM (/2 Hrs) | \$4M/\$10 NM (/2 Hrs) | \$4M/\$10 NM (/2 Hrs) | \$4M/\$10 NM (/2 Hrs) |
| <u>HEALTH 2 HAPPINESS</u> 8:45-9:30 AM | <u>HEALTH 2 HAPPINESS</u> 8:45-9:30 AM | <u>HEALTH 2 HAPPINESS</u> 8:45-9:30 AM | <u>HEALTH 2 HAPPINESS</u> 8:45-9:30 AM | <u>HEALTH 2 HAPPINESS</u> 8:45-9:30 AM | <u>PILATES</u> 9:30-10:30AM Sept 22-Dec 15 Drop-in \$10 |
| <u>ZUMBA GOLD</u> 9-10 AM Sept 17-Dec 17 Drop-in \$10 | <u>KNITTING- CROCHETING</u> 9-11 AM \$2 M/ \$5 NM | <u>JAM SESSION</u> 9 AM- 12 PM \$2 M/ \$4 NM (D.I) | <u>MIXED LINE DANCING</u> 9-10 AM CANCELLED | <u>JAM SESSION</u> 9 AM- 12 PM \$2 M/\$4 NM (D.I) | <u>ROCKING COLLAGE WORKSHOP</u> 9:30 AM-12:30 PM Nov 10 \$55 M/\$75 NM |
| <u>OUTDOOR WALKING CLUB</u> 9:00- 10:30 AM \$2 M/\$4 NM (D.I) | <u>STRONG AND STABLE</u> 9- 10 AM Sept 18-Dec 4 Drop-in \$8 | <u>LINE DANCING- BEGINNERS</u> 9:30-10:30 AM Sept 19-Dec 5 Drop in \$10 | <u>STRONG AND STABLE</u> 9-10 AM Sept 20-Dec 13 (No Class, Nov 1) Drop-in \$8 | <u>PICKLEBALL</u> 9-11:30 AM (No PB Nov 9 & Dec 14) \$2 M/\$5 NM (D.I) | <u>MIXED MEDIA COLLAGE</u> 10 AM-12 PM Sept 22 & 29 CANCELLED |
| <u>PICKLEBALL</u> 9:00-10:30 AM \$2 M/ \$5 NM (D.I) | <u>BADMINTON</u> 10:15 AM-11:45 AM \$2 M/ \$3 NM (D.I) | <u>CORE-STRENGTH- BALANCE STRETCH</u> 9:30-10:30 AM Sept 19- Dec 5 Drop-in \$10 | <u>MEDITATION</u> 9:30- 10:30 AM | <u>PAINTING BEAUTIFUL FLOWERS</u> 9:30 AM-12 PM MOVED TO TUESDAY 5:30-8:00 PM | <u>TISSUE PAPER COLLAGE WORKSHOP</u> 10 AM-12 PM Oct 6 & 13 \$85 M/\$105 NM |
| <u>QUILTING</u> 9 AM- 12 PM | <u>IMPROVE YOUR BALANCE</u> 10:30- 11:30 AM CANCELLED | <u>SEWING & CRAFTING</u> 10 AM-1 PM \$2 M/\$4 NM (D.I) | <u>CANASTA, HAND & FOOT</u> 9:30- 11:30 AM | <u>SCRABBLE</u> 10 AM -12 PM | <u>UKULELE FOR CHRISTMAS</u> 10 AM-12 PM Nov 3- 24 \$ 60 M/\$80 NM |

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|--|--|--|---|---|--|
| <p><u>OIL PAINTING</u> 10 AM- 12 PM Sept 17-Dec 10</p> | <p><u>FLOOR CURLING LEAGUE</u> 12- 2 PM</p> <p>FULL</p> | <p><u>SIT AND BE FIT</u> 10:45 AM- 11:45 AM Sept 19-Dec 5</p> <p>Drop-In \$8</p> | <p><u>BADMINTON</u> 10:15 AM-12:15 PM (No Badminton Nov 1)</p> <p>\$2 M/ \$3 NM (D.I)</p> | <p><u>STRONG BODY FUN LIFE</u> 11AM-12 PM Sept 21-Dec 7</p> <p>Drop-in \$10</p> | <p><u>COMPUTERS FOR BEGINNERS</u> 10 AM- 12PM Sept 22- Dec 1 (No class Oct 27)</p> <p>NO DROP-INS</p> |
| <p><u>SIT AND BE FIT</u> 10:30- 11:30 AM Sept 17-Dec 17</p> <p>Drop-In \$8</p> | <p><u>DOMINOES</u> 10 AM- 12 PM</p> | <p><u>TAI CHI</u> 11 AM-12 PM Sept 19-Dec 5</p> <p>Drop-in \$10</p> | <p><u>SIT AND BE FIT-THURS</u> 10:30-11:30 AM</p> <p>CANCELLED</p> | <p><u>EPL DIGITAL LITERACY</u> 12:15- 1:45 PM Sept 14- Oct 19</p> | <p><u>STRETCH AND RELEASE</u> 10:45-11:45 AM Sept 22-Dec 15</p> <p>Drop in \$10</p> |
| <p><u>PICKLEBALL-BEGINNERS</u> 10:45 AM-12:15 PM</p> <p>\$2 M/\$5 NM (D.I)</p> | <p><u>BADMINTON</u> 10:15-11:45 AM</p> <p>\$2 M/\$3 NM</p> | <p><u>KEEP FIT-ACTIVE</u> 12:30-1:30 PM Sept 19-Dec 5</p> <p>Drop in \$10</p> | <p><u>CRIBBAGE</u> 12:15-2:30 PM</p> <p>\$2 M/\$4 NM (D.I)</p> | <p><u>EPL TECH TIME</u> 12:15-1:45 PM Nov 9 & 30</p> | |
| <p><u>KEEP FIT-ACTIVE</u> 12:30-1:30 PM Sept 17-Dec 17</p> <p>Drop-in \$10</p> | <p><u>CANASTA</u> 12:30- 3:30 PM</p> | <p><u>WHIST</u> 1-3 PM</p> | <p><u>YOGA FOR OSTEOPOROSIS</u> 12:30- 1:30 PM Sept 20-Dec 20</p> <p>Drop-in \$10</p> | <p><u>TOTAL BODY CONDITIONING</u> 1:30 – 2:30 PM</p> <p>CANCELLED</p> | |
| <p><u>DRAMA CLUB</u> 12:30- 2:30 PM</p> <p>\$2 M/ \$4 NM (D.I)</p> | <p><u>CHAIR ZUMBA</u> 1-2 PM Sept 18-Dec 4</p> <p>Drop-in \$10</p> | <p><u>CULTURAL GROUP</u> 12-2 PM</p> | <p><u>OKIDO YOGA</u> 1:45-2:45 PM Sept 20-Dec 20</p> <p>Drop-in \$10</p> | <p><u>FUN POKER</u> 2-4 PM</p> | |

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|--|--|---|--|--|
| BRIDGE 12- 2PM | MINDFUL YOGA 2- 3 PM Sept 18-Dec 4 Drop-in \$10 | CONVERSATION CIRCLE 1:30-3:30 PM | CANASTA 12:30-3:30 PM | AEROBICS 2:45-3:45 PM Sept 21-Dec 7 Drop-in \$10 |
| BINGO 12:30-2:30 PM \$2 M/\$4 NM (D.I) | FUN CURLING 2:15- 3:30 PM \$2 M/\$5 NM (D.I) | GENTLE YOGA 1:30-2:30 PM Sept 19-Dec 5 Drop-in \$10 | PICKLEBALL 12:30-2:00 PM \$2 M/\$5 NM (D.I) | YOGA FOR STRENGTH 3- 4 PM Sept 21-Dec 7 Drop in fee \$10 |
| LINE DANCING-BEGINNERS PLUS 2-3 PM Sept 17-Dec 17 Drop-in \$10 | LANDSCAPE & BEAUTIFUL FLOWERS PAINTING CLASS 5:30-8:00 PM Sept 18-Dec 4 | GRIEF SUPPORT/ COUNSELING 2-3 PM (Drop-in) | PICKLEBALL-BEGINNERS 2:15-3:45 PM \$2 M/\$5 NM (D.I) | |
| WALK TALK AND STRETCH 1:45-2:45 PM Sept 17-Dec 17 Drop-in \$8 | PICKLEBALL 4:00-5:45 PM Sept 18-Dec 4 \$2 M/\$5 NM (D.I) | PICKLEBALL 2:30- 4 PM \$2 M/\$5 NM (D.I) | LIVING FIT 3-4 PM Sept 20-Dec 6 Drop-in \$10 | |
| NOTE: MWSA WILL BE CLOSED ON OCT 8 & NOV 12 | RESTORATIVE YOGA 5-6 PM Sept 18-Dec 18 Drop-in \$10 | CHAIR YOGA 2:45-3:45 PM Sept 19-Dec 5 Drop-in \$10 | PICKLEBALL 4:00-5:45 PM Sept 20-Dec 6 \$2 M/\$5 NM (D.I) | |
| | PICKLEBALL 6-8 PM Sept 18-Dec 4 \$2 M/\$5 NM (D.I) | | SELF DEFENCE 4:30- 5:30 PM Oct 11-Nov 29 | |

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| | | | <p><u>SPANISH-BEGINNERS</u> 5:00-6:30 PM</p> <p>CANCELLED</p> | | |
| | | | <p><u>BARRE</u> 6-7 PM Sept 20-Dec 6 Drop-in \$10</p> | | |
| | | | <p><u>PICKLEBALL</u> 6-8 PM Sept 20-Dec 6</p> <p>\$2 M/\$5 NM</p> | | |
| | | | <p><u>SPANISH INTERMEDIATE</u> 6:45-8:15 PM</p> <p>No Drop-ins</p> | | |
| | | | <p><u>TABATA</u> 7:15- 8:15 PM Sept 20-Dec 6</p> <p>Drop-in \$10</p> | | |