

10-Week Winter Program Guide 2023

MONDAY FEB: 20 FAMILY DAY	TUESDAY	WEDNESDAY	THURSDAY Open Evenings!	FRIDAY
8:30 AM-4:30 PM	8:30 AM- 4:30 PM	8:30 AM-4:30 PM	8:30 AM- 8:30 PM	8:30 AM-4:30 PM

Instructor Led Classes (JAN 9- MAR 17, 2023) (Registration Required) | Clubs, Drop-In activities & Outreach are ongoing (Registration required in Jan 2023)

9:00-11:00 AM/ Gym Pickle Ball Advanced Drop In / \$3M/ \$5 NM 15	8:30-10:30 AM/ Gym Pickle Ball Advanced Drop In/ \$3M/ \$5 NM 12	8:30-10:30 AM/ Gym Pickle Ball Beg. Drop In / \$3M/ \$5 NM 15	9:00-11:00 AM/ Gym Pickleball- ALL LEVELS Drop In / \$3M/ \$5 NM 20	8:30- 10:15 AM/ Gym Pickle Ball Beginners Drop In / \$3M/ \$5 NM 15
9:00-11:00 AM/ 225 Knitting Club Free: MWSA mem only 19	9:00 AM-NOON/ 225 Knitting Club Free: MWSA mem only 19	9:00- NOON/ 229 Quilting Club Free: MWSA mem only 16	9:00-10:00 AM/ 227 Zumba Gold 10 Weeks/ Catherine L 6	9:00- Noon/ 231 Jammers Group Drop In / \$3M/ \$5 NM 12
9:00-10:00 AM/ 231 Essentrics/ Stretching 9 Weeks/ Catherine L 5	10:00 AM-NOON/ 228 Caregiver Circle 6 1 st Tue of the Month/ Free	9:00- NOON/ 231 Jammers Group Drop In / \$3M/ \$5 NM 10	9:00- NOON/ 225 FULL Card Making Club Free: MWSA mem only 10	9:30- 3:30 PM/ 227/228 Tax Clinic March-April Settlement Services Appointments only
10:15-11:15 AM/ 231 FULL Chair Zumba 9 Weeks/ Catherine L 12	10:00-11:00 AM/ 229 NIA 10 Weeks/ Kirsten B 6	10:45- 11:45 AM/ Gym Barre Strength Stretch 10 Weeks/ Deb Proc 10	9:30- 11:30 AM/ 231 Watercolors/ 9 Weeks Jan 12, 19, 26 Feb 2, 16, 23 Mar 2, 9, 16 12	9:15-10:15 AM/ 229 Strong & Stable Max 9 10 Weeks/ Natalia B 9
11:30-12:30 PM/ Gym Tabata Hybrid 9 Weeks/ Esther S 15	10:00- NOON/ 228 Alzheimer's Support Group 3 rd Tue of the Month/ Free	11:00- 12:00 AM/ 227 Chair Yoga 10 Weeks/ Anne P 6	10:00-11:00 AM/ 229 NIA 10 Weeks/ Kirsten Bartel 6	10:30-11:45 AM/ Gym Sit & Be Fit: 75 Min. 10 Weeks/ Natalia B 15
11:45-12:45 PM/ 229 FULL Strong & Stable: Max 9 9 Weeks/ Natalia B 9	10:45- 11:45 AM/ Gym Stretch Tone Yoga Hybrid 10 Weeks/ Anne P 22	12:00-1:00 PM/ Gym Keep Fit Active 10 Weeks/ Deb Proc 8	11:15- 12:15 PM/ Gym Tabata 10 Weeks/ Deb Ravbar 6	11:00 AM-12:00 PM/ 229 Chair Yoga FULL 10 Weeks/ Anne P 9
12:30- 3:30 PM/ Lobby Canasta Club Free MWSA mem only 6	11:00-12:30 PM/ 228 Book Club I Free/ 2nd Tue. Of the Month 12	12:30- 2:30 PM/ 231 Table Tennis Drop-In/ \$3M/ \$5 NM 10	12:30- 2:30 PM/ 231 Cribbage Drop-In / \$3M/ \$5 NM 16	11:00 AM- 1:00 PM/ 224 Grief Support Drop-In/ \$3M/ \$5 NM 5
12:30-2:30 PM/ 231 Table Tennis Drop-In/ \$3M/ \$5 NM 10	11:30-12:30 PM/ 231 Circuit Training: Max 10 10 Weeks/ Deb Ravbar 10	1:15- 2:15 PM/ Gym Beg. Line Dancing 10 Weeks/ Tracey W 13	12:30- 3:30 PM/ Lobby Canasta Club Free MWSA mem only 8	12:00- 1:00 PM/ Gym Keep Fit Active Hybrid 10 Weeks/ Esther S 14

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8:30 AM-4:30 PM	8:30 AM- 4:30 PM	8:30 AM-4:30 PM	8:30 AM- 8:30 PM	8:30 AM-4:30 PM

1:00-3:00 PM/ 225 Learn to Use Smartphone 9 Weeks/ Daniel 5	12:00- 2:00 PM/ Gym FULL Floor Curling League \$40/ 12 Weeks/ 33	1:30- 4:15 PM/ 229 Sewing & Crafting Free: MWSA mem only 10	12:30- 1:30 PM/ Gym Core, Strength, & Stretch 10 Weeks/ Deb Proc 6	1:00- 3:00 PM/ 225 Spanish for Beginners 10 Week/ 2
1:00- 2:00 PM/ Gym Strong Body Healthy Core 9 Weeks/ Natalia B 8	1:30- 3:30 PM/ 231 Acrylics Painting 6 Weeks/ Willie Wong 8 Jan 10, 17, 24, 31. Feb 7, 14	2:00- 4:00 PM/ 225 Conversational Club Free MWSA mem only 6	12:30- 2:00 PM/ 225 Learn Card Making 3 Weeks 3 rd Thurs of the Month 4	1:00- 4:00 PM/ 231 Multicultural Club Free MWSA mem. Only 40
2:15- 4:15 PM/ Gym Badminton Drop-In/ \$3M/ \$5 NM 10	1:30- 3:30 PM/ 231 Drawing 4 Weeks/ Willie Wong 6 Feb 21, 28, Mar 7, 14	2:30-4:15 PM/ Gym Badminton Drop In/ \$3M/ \$5 NM 10	1:45-3:45 PM/ Gym Pickle Ball Beginners Drop In/ \$3M/ \$5 NM 12	1:15- 4:15 PM/ Gym Badminton Drop In: \$3M/ \$5 NM 10
3:00- 4:15 PM/ 231 Mahjong Game NEW! Drop-In/ \$3M/ \$5 NM	2:00- 4:00 PM/ Gym Fun Floor Curling Drop In/ \$3M/ \$5 NM 30		4:00-6:00 PM/ Gym/ FULL Learn to Play Pickleball 10 Weeks/ Kevin Price 12	1:00- 2:30 PM/ 228 Play Reading Group Drop In: \$3M/ \$5 NM 1 st & 3 rd Friday of Month 7
	2:00- 3:00 PM/ 229 Tai Chi/ 9 10 Weeks/ Ken Chui 10		6:00- 8:00 PM/ 231 Table Tennis Drop-In/ \$3M/ \$5 NM 5	1:00- 4:00/ Café Open Art Studio NEW! Drop In: \$3M/\$5 NM
	9:00- 10:00 am CANCELLED Sit & Be Fit 10 Weeks/ Natalia		6:15- 7:30 PM/ 229 Barre/Cardio: 75 Minutes 10 Weeks/ Deb Ravbar 5	
			6:00- 8:00 PM/ Gym Pickleball Advanced Drop In / \$3M/ \$5 NM 10	
			Floor Curling League Thurs. CANCELLED 10 Weeks/ \$40	