

Activity/Class Schedule at the Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Strong to the Bone 9:30 Low-Imp Aerobics 10:00 Quilting Club 10:00 Arthritis Exercise 10:00 Water Aerobics* 10:15 Deep Water Running* 10:45 Pilates w/ Dot 11:30 R&B Line Dance 1:00 Aging Well (10/6—11/10) 1:00 Crocheting for Charity 3:00 Jewelry Making (9/8—10/13) 4:00 Strong to the Bone 5:30 Pilates w/Joan 5:30 Salsa Social (1st & 3rd Mondays) 5:30 Nia Dance Class	9:00 Strong to the Bone 9:30 Pal Hi-Lo Cardio 10:45 Palmetto Pilates 12:00 Games w/Rosa 12:00 Canasta 4:00 Strong to the Bone 5:30 Shag Dancing 5:30 PM Aerobics 6:30 Singles Outings Massage with Marzi offered Mon.—Sat. Call 376-5081 for rates and times.	9:00 Tai Chi 9:00 Strong to the Bone 9:30 Low-Imp Aerobics 10:00 Qi Gong 10:00 Arthritis Exercise 10:00 Water Aerobics* 10:15 Deep Water Running* 11:00 Yoga—Beginners 12:30 Line Dancing 2:30 Meditation w/Ken 5:15 Yoga—Multilevel 5:30 Beginning Bridge 5:45 Tai Chi	9:00 Strong to the Bone 9:30 Pal Hi-Lo Cardio 10:00 Conversational Spanish (10/2-11/6) 10:00 Yoga—Advanced 10:00 Arthritis Exercise 10:00 Water Aerobics* 10:15 Deep Water Running* 10:45 Palmetto Pilates 2:00 Coffee & Conversation 4:00 Strong to the Bone 5:15 Ballroom Dancing 5:30 PM Aerobics 6:30 Belly Dancing Class	9:00 Beginning Bridge 9:30 Low-Imp Aerobics 10:00 Qi Gong 10:45 Pilates w/ Dot 11:15 Tai Chi 11:30 Cooking/Nutrition (10/10-10/31) 1:30 Aging Well (9/26—10/31) 1:30 Neuropathy Yoga 4:00 Puppy Training (PAALS) 8:00 Friday Night Dance *Maxcy Gregg Pool until the end of September. Fall indoor classes TBA.

Clubs & Group Scheduled

<u>Civitans</u> 2nd & 4th Mondays 12:00pm - 2:00pm <u>Medication Check-up w/Patti</u> 3rd Monday 9:30-12:00 <u>Golden Friendship Club</u> 2nd & 4th Mondays 6:30pm - 9:00pm <u>AARP Chapter #753</u> 3rd Monday 2:30pm - 4:30pm <u>Columbia Bridge Club</u> Monday - Saturday Times Vary <u>Columbia Gem & Mineral Society</u> 2nd Monday 7:00pm - 9:00pm	<u>Columbia Camera Club</u> 1st Tuesday 6:30pm - 9:00pm <u>King George Bridge</u> Every Tuesday 10:00am - 3:00pm <u>Columbia Kennel Club</u> 2nd Tuesday 7:00pm - 9:00pm <u>Columbia Council of Internationals</u> 3rd Tuesday 12:00pm - 2:00pm <u>Epilepsy Support Group</u> 3rd Tuesday 7:00pm - 9:00pm <u>Logan Lap Quilters</u> 3rd Tuesday 1:00pm	<u>Golden Kiwanis</u> Every Wednesday 9:00am - 11:00am <u>Weekly Movies</u> 2:00pm - 4:00pm <u>Beginning Bridge Class w/CBC</u> 6:00pm - 8:00pm <u>Intermediate Bridge w/CBC</u> 6:00pm - 8:00pm	<u>Red Hat Society</u> 1st Thursday - 10:30am <u>Lunch</u> 1st & 3rd Thursday 11:30am <u>Bingo</u> 2nd & 4th Thursday 12:30pm <u>Family Caregiver Support Group</u> 2nd Thursday 12:00pm - 1:00pm <u>Shandon Seniors</u> 2nd Thursday 11:00pm-1:00pm <u>Senior Companions</u> 3rd Thursday 8:00am-12:00pm <u>Woman's Club Bridge</u> 4th Thursday 10:00am - 3:00pm	<u>Ask Michael</u> 1st & 3rd Fridays 9:00am - 11:00am <u>League of Women Voters</u> 3rd Friday 10:00am - 2:00pm <u>Read-A-Book Club</u> 1st Friday 1:00pm - 3:00pm
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