

Capital SENIOR CENTER

Helping older adults stay independent,
physically fit and socially engaged

March / April 2010

	<u>Morning</u>	<u>Afternoon</u>
Monday	9:00am: Strong to the Bone AM 9:30am: Low Impact Aerobics 10:00am: Quilting with Joy 10:00am: Arthritis Exercise 10:45am: Pilates with Dot 11:30am: R & B Line Dancing with Stephanie	1:00pm: Needlecraft Group 3:00pm: Jewelry Making 4:00pm: Strong to the Bone PM 5:30pm: Zumba Gold
Tuesday	9:00am: Strong to the Bone AM 9:45am: Palmetto Hi-Lo Cardio 10:45am: Palmetto Pilates	12:00pm: Board Games with Rosa 12:00pm: Canasta 1:00pm Introduction to Acrylics 2:00pm: Literature Class 4:00pm Strong to the Bone PM 5:30pm: Aerobics (afternoon) 5:30pm: Shag Dance Lessons 5:30pm: Beginner's Cribbage 6:30pm Sociable Singles Group
Wednesday	9:00am: 4 Bs- Bands, Balls, Balance and Buns 9:00am: Tai Chi AM 9:30am: Low Impact Aerobics 10:00am: Arthritis Exercise 10:00am: Qi Gong 11:00am: Trivia with Tammy & Courtney 11:00am: Yoga (Beginners)	2:00pm: Movies with Marcia 2:30pm: Meditation with Ken 5:15pm: Yoga (Multilevel) 5:30pm: Zumba Gold 5:45pm: Tai Chi PM
Thursday	9:00am: Strong to the Bone AM 9:45am: Palmetto Hi-Lo Cardio 10:00am: Arthritis Exercise 10:00am: Yoga (Advanced) 10:00am: Spanish (intermediate) 10:45am: Palmetto Pilates	12:30pm: Bingo with Rosa 2:00pm: Literature Class 2:00pm: Coffee and Conversation 4:00pm: Strong to the Bone PM 5:30pm: Aerobics (afternoon)
Friday	9:30am: Low Impact Aerobics 10:00am: Qi Gong 10:45am: Pilates with Dot 11:15am: Tai Chi AM	1:30pm: Yoga (Neuropathy) 7:30pm: Friday Night Dance (\$5 at the door)

Other Activities:

Meet with Fitness Trainer
Grief Relief Support Group
Golden Friendship Club
Salsa Social
Read a Book Club
Massage by Marzi
Aging Well Workshops
Tours with Faye
Big Band Dances

10am-12noon (Monday-Thursday)
11:30am-1pm (2nd & 4th Wednesdays)
6:30pm (2nd & 4th Mondays)
5:30pm (1st & 3rd Mondays)
2:00pm (1st Fridays)
Appt Required (376-5081)
Check front desk
Check front desk
Quarterly