

# Capital SENIOR CENTER

Helping older adults stay independent,  
physically fit and socially engaged

September/October 2009

## Morning

## Afternoon

<b>Monday</b>	9:00am: Strong to the Bone AM 9:30am: Low Impact Aerobics 10:00am: Water Aerobics (shallow water) *Sept. Only 10:00am: Quilting with Joy 10:00am: Arthritis Exercise 10:45am: Pilates with Dot 11:30am: R & B Line Dancing with Stephanie	1:00pm: Crocheting Group 3:00pm: Jewelry Making 4:00pm: Strong to the Bone PM
<b>Tuesday</b>	9:00am: Strong to the Bone AM 9:45am: Palmetto Hi-Lo Cardio 10:00am: Water Aerobics (deep water) *Sept. Only 10:00am: Wii Games 10:45am: Palmetto Pilates	12:00pm: Board Games with Rosa 12:00pm: Canasta 2:00pm: Shakespeare 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
<b>Wednesday</b>	9:00am: Tai Chi AM 9:30am: Low Impact Aerobics 10:00am: Water Aerobics (shallow water) *Sept. Only 10:00am: Arthritis Exercise 10:00am: Qi Chong 11:00am: Yoga (Beginners)	2:00pm: Movies with Marcia 2:30pm: Meditation with Ken 5:15pm: Yoga (Multilevel) 5:45pm: Tai Chi PM
<b>Thursday</b>	9:00am: Strong to the Bone AM 9:45am: Palmetto Hi-Lo Cardio 10:00am: Water Aerobics (deep water) *Sept. Only 10:00am: Arthritis Exercise 10:00am: Yoga (Advanced) 10:00am: Spanish (intermediate) 10:45am: Palmetto Pilates	12:30pm: Bingo with Rosa 12:30pm: Wii Games 2:00pm: Shakespeare Literature Class 2:00pm: Coffee and Conversation 4:00pm: Strong to the Bone PM 5:30pm: Aerobics (afternoon)
<b>Friday</b>	9:30am: Low Impact Aerobics 10:00am: Qi Chong 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:

Wine & Unwind Lecture Series  
 Breakfast For Your Brain  
 Golden Friendship Club  
 Meet with Fitness Trainer  
 Salsa Social  
 Read a Book Club  
 Ask Michael the Lawyer  
 Ask Patti the Pharmacist  
 Massage by Marzi  
 Aging Well Workshops  
 Tours with Faye  
 Big Band Dances

5:30pm (3rd Wednesdays except July/ Nov/ Dec)  
 8:00-8:45am Thursdays, starting Oct. 1st for six weeks  
 6:30pm (2nd & 4th Mondays)  
 10am-12noon (Monday-Thursday)  
 5:30pm (1st & 3rd Mondays)  
 2:00pm (1st Fridays)  
 Appt Required (1st & 3rd Fridays)  
 Appt Required (2nd Tuesdays)  
 Appt Required (376-5081)  
 Check front desk  
 Check front desk/newsletter  
 Quarterly