



November 2019 Activity Schedule



Monday

10:00a.m. - 11:00a.m. Line Dance
 10:00a.m. - 12:30p.m. Ceramic Hand Building - \$20 supply fee
 11:00a.m. - 12:00p.m. Intermediate Spanish
 11:00a.m. - 12:00p.m. **Adult Coloring**
 12:30p.m. - 1:30p.m. Chair Yoga - \$4 per class
 12:30p.m. - 1:30p.m. TEAM Trivia
 1:30p.m. - 4:00p.m. Ceramic Hand Building - \$20 supply fee
 1:45p.m. - 2:45p.m. **Tai Chi for Health**
 2:45p.m. - 3:45p.m. Callanetics® @ the Barre

Tuesday

8:30a.m. - 11:00a.m. Bird Stroll
 10:00a.m. - 12:00p.m. **Bridge**
 10:30a.m. - 11:30a.m. Zumba Gold
 10:30a.m. - 12:00p.m. Drawing
 11:00a.m. - 12:00p.m. Knitting
 11:00a.m. - 12:00p.m. Strength & Balance
 1:00p.m. - 1:50p.m. Sit and Fit
 1:00p.m. - 2:00p.m. **Bridge Lessons - 11/5 - 11/19**
 1:00p.m. - 3:00p.m. Acrylic Painting
 2:00p.m. - 3:00p.m. Qi Gong
 2:00p.m. - 3:00p.m. Ballroom Dancing

Wednesday

10:00a.m. - 11:00a.m. Line Dance
 11:00a.m. - 12:00p.m. **Introduction to Facebook - 11/6 & 11/13**
 11:00a.m. - 12:00p.m. Back to Beginners Spanish
 12:00p.m. - 1:00p.m. Ageless Grace
 12:00p.m. - 4:00p.m. **Jewelry - Extra - \$10 supply fee**
 1:30p.m. - 2:15p.m. Resistance Bands
 2:30p.m. - 3:30p.m. A Second Look at Astronomy - No class on 11/27

Thursday

10:00a.m. - 10:50a.m. Boot Camp 101
 10:00a.m. - 12:00p.m. Bridge
 10:00a.m. - 12:00p.m. **Mosaics**
 11:00a.m. - 12:00p.m. Chair Yoga - \$4 per class
 11:00a.m. - 3:00p.m. One on One Pool with Dale
 1:00p.m. - 2:00p.m. WorldDanz!
 1:00p.m. - 3:00p.m. **Wax Collage Workshop - \$10 supply fee**
 1:15p.m. - 2:00p.m. History & Nature at Mason Mill - 11/21
 1:15p.m. - 3:00p.m. Beginners Mah Jongg
 2:00p.m. - 3:00p.m. Tai Chi for Health

Friday

10:00a.m. - 11:00a.m. Brain Games
 10:00a.m. - 11:00a.m. **Let's Take a Walk**
 10:30a.m. - 11:30a.m. Beginners French
 11:30a.m. - 12:30p.m. Watercolor
 11:45a.m. - 12:45p.m. Conversational French
 1:00p.m. - 2:00p.m. **Drumming Workshop - 11/22**
 12:45p.m. - 1:45p.m. Balance & Floor Stretch Yoga - \$4 per class
 1:00p.m. - 2:00p.m. Masterpieces of Philosophy
 1:00p.m. - 3:00p.m. Pencil and Ink Drawing
 1:00p.m. - 3:00p.m. **Poker**
 1:15p.m. - 2:30p.m. Embrace Your Life - No class on 11/8 & 11/15
 2:00p.m. - 3:00p.m. Qi Gong
 2:15p.m. - 3:15p.m. Ethics: Yesterday, Today and Tomorrow
 3:00p.m. - 4:00p.m. Compassion for the Care Partner - No class on 11/8 & 11/15

Room 212 Pat Korn
 Room 120 Rick Berman
 Room 219 Maria Earl
 Room 217 **Marian Slater**
 Room 212 Mindi Sigmon
 Room 217 CDSC Seniors
 Room 120 Rick Berman
 Room 212 **Gayle Christian**
 Room 124 Sandy Bramlett

Great Room David Kuechenmeister
 Room 208 **CDSC Seniors**
 Room 124 Maria Earl
 Room 120 Isabel Patino
 Room 217 Joan Stone
 Room 212 Sandy Bramlett
 Room 212 Zsa Zsa Robinson
 Room 208 **Ted Daniel**
 Room 120 Isabel Patino
 Room 212 Emmett Swint
 Room 124 Pat Korn

Great Room Pat Korn
 Room 219 **James Simon**
 Room 212 Maria Earl
 Great Room Sandy Bramlett
 Room 120 **Gillian Gussack**
 Room 124 Maria Earl
 Room 212 Bill Christian PhD

Room 212 Sandy Bramlett
 Room 208 CDSC Seniors
 Room 120 **Jill Brown**
 Room 212 Mindi Sigmon
 Pool Room Dale Norman
 Room 124 Sandy Bramlett
 Room 120 **Jill Brown**
 Great Room Jonah McDonald
 Room 208 Carole Feinberg
 Room 212 Gayle Christian

Room 217 CDSC Seniors
 Great Room **Gayle Christian**
 Room 219 Elizabeth Wilson
 Room 120 Isabel Patino
 Room 219 Elizabeth Wilson
 Great Room **Karen Newell**
 Room 212 Mindi Sigmon
 Room 219 Joel Vaughn Peddle
 Room 120 Isabel Patino
 Room 208 **CDSC**
 Room 217 Jenny Barwick, LPC.
 Room 212 Emmett Swint
 Room 219 Joel Peddle
 Room 217 Jenny Barwick, LPC.