



<u>Coloring & Coffee</u>	Tues	9:00am-10:00am	\$1.00	<i>Open Play</i>
An array of coloring pages, books, and drawing materials are provided to enjoy an artistic & social experience for adults 55+. Coffee will be served Walk-ins welcome.				
<u>Gentle (Chair) Yoga</u>	Tues & Thurs	12:00pm-1:00pm	\$5.00	<i>Judy Burley</i>
A class designed to increase range of motion, improve balance and reduce stress. Exercises can be performed sitting on a chair or standing while using the chair for support. This class is geared toward older adults or those looking to get the benefits of yoga without having to get up and down off a mat. Participants may be barefoot, wear socks with grips or wear sneakers. Bring a water bottle. Walk-ins welcome.				
<u>Mahjong</u>	Tues	10:00am-1:00pm	\$2.00	<i>Open Play</i>
Tile sets are provided as you play in groups of 3 or 4 to collect tiles to form a Mahjong hand. Players take turns picking one tile from the wall and discarding one tile. The goal of each player is to win the game by being the first person to declare "Mahjong" by correctly creating a hand that exactly matches a hand on the score card. Please bring your own 2021 Mahjong Score Card. Walk-ins welcome.				
<u>Mindful Movements Yoga</u>	Wed	6:00pm-7:00pm	\$8.00	<i>Rebecca Siplak</i>
Yoga is combined with mindfulness practice to provide a means of exercise that is meditative and useful for reducing stress. All ages and ability levels welcome; exercises can be adapted to ability levels. Please bring a water bottle and a mat. Walk-ins welcome.				
<u>Open Gym (Adults)</u>	Tues & Thurs	9:00am-12:00pm	\$4.00	<i>Open Play</i>
Unstructured activity time where the gymnasium is available to adults (18 and over) to practice skills, shoot hoops, and play pick-up games. Walk-ins welcome.				
<u>Open Gym (Youth)</u>	Sat	1:30pm-4:30pm	\$2.00	<i>Open Play</i>
Unstructured activity time where the gymnasium is available to kids (17 and under) to practice skills, shoot hoops, and play pick-up games. Walk-ins welcome.				
<u>Pickleball</u>	Mon, Wed, Fri	9:00am-12:00pm 12:30pm-3:30pm	\$3.00	<i>Open Play</i>
Pickleball is played in the gymnasium as either singles or doubles with a paddle and a plastic wiffle ball. You are encouraged to sign up and pay online. Walk-ins welcome. <i>(Please check the weekly schedule for additional dates and times.)</i> Walk-ins welcome.				
<u>Stretch & Flex</u>	Tues & Thurs	9:30am-10:30am	\$5.00	<i>Judy Burley</i>
This strength and conditioning class consists of a short cardio warm-up, followed by exercises designed to improve your strength, flexibility, and balance. Weights, bands, and exercise balls are used. Equipment is provided, but participants are encouraged to bring their own. Walk-ins of all ages and ability levels are welcome. Routines can be adapted to activity levels. Wear sneakers and bring a water bottle. Walk-ins welcome.				

Table Tennis**Tues & Thurs****1:00pm-3:00pm****\$2.00*****Open Play***

Table Tennis (or Ping Pong) is played by 2 or 4 people with a paddle and hollow plastic ball. All equipment is provided, but you may bring your own paddle. Walk-ins welcome.

Tang Soo Do**Tues, Thurs, Sat****6:00pm-7:15pm****Pay****9:00am-10:15am****Instructor*****John Torres***

This class is designed for helping one develop self-discipline and honing athletic skills. The Art of Tang Soo Do is designed to be accessible to students of all ages and all physical abilities. Walk-ins welcome.

Yoga-Lates**Tues & Thurs****10:30am-11:30am****\$8.00*****Judy Burley***

A mat workout blending yoga and Pilates to build strength, flexibility, and balance. The standing yoga poses build strength and stamina while the Pilates exercises focus on the core. All ages and ability levels welcome; exercises can be adapted to ability levels. Please bring a water bottle and a mat. Walk-ins welcome.