

# ACTIVITIES 2024

## \* Waiting List

<u>CLASS / ACTIVITY</u>	<u>ROOM</u>	<u>DAY</u>	<u>TIME</u>	<u>COST</u>
AEROBICS	JUBILEE HALL	MON. WED. FRI.	9:00AM - 10:00AM	FREE
* AGING BACKWARDS	JUBILEE HALL	TUESDAY	9:15AM - 10:15AM	\$5.00/CLASS
BIG BAND DANCING	JUBILEE HALL	THURSDAY	9:30AM - 11:30AM	NO CHARGE
BINGO	DINING ROOM	MONDAY	12:15PM - 2:15PM	.50/CARD/1.00 STRIP OF 3
BOOK CLUB	CONFERENCE ROOM	2ND WEDNSDAY OF MONTH	10:30AM - 11:30AM	NO CHARGE
BUNKA WORKSHOP	ART ROOM	TUESDAY	9:00AM - 12:00AM	\$5.00/CLASS
CHAIR YOGA	JUBILEE HALL	MONDAY	10:00AM - 11:00AM	\$5 CLASS
CHAIR YOGA	JUBILEE HALL	FRIDAY	12:30 PM - 1:30 PM	\$5 CIASS
COMPUTER / PHONE HELP	COMPUTER ROOM	1ST & 3RD FRIDAY/MONTH	9:00AM - 11:00AM	NO CHARGE
CRAZY CARDS	COMPUTER ROOM	4TH WEDNESDAY OF MONTH	12:15PM - 3:00PM	\$3.00
DRILL TEAM	JUBILEE HALL	MONDAY	12:30PM - 2:00PM	NO CHARGE
DUPLICATE BRIDGE	COMPUTER ROOM	MONDAY	9:00AM - 1:00PM	NO CHARGE
FITNESS ROOM	FITNESS ROOM	EVERY DAY (M-F)	8:00AM - 1:45PM	NO CHARGE
FOREVER YOUNG CHORUS	JUBILEE HALL	THURSDAYS	12:30PM - 2:30PM	SEASONAL
KNITTING / CROCHETING	CLASSROOM A	TUESDAY	11:30PM - 2:30PM	NO CHARGE
LINE DANCING	JUBILEE HALL	TUESDAY	10:30AM - 11:30AM	\$5.00/CLASS
MAH JONGG	COMPUTER ROOM	TUESDAY	12:00AM - 3:00PM	NO CHARGE
MODEL SHIP BUILDING	ART ROOM	WEDNESDAY	12:00PM - 2:30PM	NO CHARGE
MOVIE	JUBILEE HALL	TUESDAY	12:15PM - 2:15PM	NO CHARGE
PAINTING	ART ROOM	THURSDAY & FRIDAY	8:30AM - 11:30AM	NO CHARGE
PLAY POOL	POOL ROOM	EVERY DAY (M-F)	8:00AM - 3:00PM	NO CHARGE
QUILTING	CLASSROOM A	THURSDAY	8:00AM - 11:30AM	NO CHARGE
* RHYTHM & RELAX	JUBILEE HALL	FRIDAY	11:15AM - 12:15PM	\$5.00/CLASS
RUG HOOKING	COMPUTER ROOM	WEDNESDAY	9:00AM - 11:30AM	NO CHARGE
RUMMIKUB	COMPUTER ROOM	MOST WED. & FRI	12:15PM - 1:30PM	NO CHARGE
SEWING & REPAIR SHOP	CLASSROOM A	WEDNESDAY	8:00AM - 11:00AM	There's a Charge per Item
TABLE-TENNIS/ PING-PONG	COMPUTER ROOM	MONDAY & FRIDAY	1:00PM - 3:00PM	NO CHARGE
WHIST	COMPUTER ROOM	TUES. (EXCEPT 3RD) & THURS.	8:30AM - 11:00AM	NO CHARGE
WOOD CARVING	ART ROOM	WEDNESDAY	9:00AM - 11:30AM	NO CHARGE
WOOD WORKING	WOOD SHOP	EVERY DAY (M-F)	8:00AM - 2:30PM	NO CHARGE
* ZUMBA	JUBILEE HALL	MONDAY	11:15AM - 12:15PM	\$5.00/CLASS
* ZUMBA	JUBILEE HALL	WEDNESDAY	10:15AM - 11:15AM	\$5.00/CLASS
<b>HEALTH / WELLNESS CLINICS AND SUPPORT GROUPS</b>				
HEARING SCREENINGS	HEALTH ROOM	4TH THURS. OF MONTH	10:00 AM - 1:00 PM	Joe Sarofeen Apex Hearing
DIABETIC EDUCATION	CONFERENCE ROOM	1ST THURSDAY OF MONTH	9:30PM - 10:30 PM	Marianne Chojnicki, RN, CDCES
FALL RISK SCREENNG	LOBBY/HALLWAY	3RD THURSDAY OF MONTH	10:30AM - 12:00PM	COURTESY OF GORDON COLLEGE
DAV GROUP	CONFERENCE ROOM	3RD WED. OF MONTH	9:30AM - 11:00AM	Donald White
LOW VISION GROUP	CLASSROOM A	2ND WED. OF MONTH	12:30 PM - 2:00 PM	Judy Enos: 978-290-6080
REIKI	SM CONFERENCE ROOM	THURSDAY	10:00	\$10 FOR 15 MIN
TOPS	CLASSROOM A	FRIDAYS	WEIGH-IN - 8:30AM-9:15AM	MEETING - 9:30AM-10:30AM
VETERAN'S GROUP	COMPUTER ROOM	3RD TUES. OF MONTH	9:30AM - 10:30AM	Tom Moran 978-968-0999