



Older Adult Fall 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chen's Tai Chi: Old Frame (16+) 9:30 AM-10:30 AM	ABC: Strength & Core 9:00 AM-10:00 AM	Line Dance with Lisa Int 10:30 AM-12:00 PM	Pickleball (19+) 7:30 AM-9:00 AM	International Line Dancing: Imp 12:45 PM-2:15 PM	Pickleball (19+) 7:30 AM-8:45 AM	Seniors Indoor Soccer 8:00 AM-9:00 AM
Chen's Tai Chi: Introduction (16+) 10:00 AM-11:30 AM	Seniors Sing Along 10:00 AM-11:30 PM	Iyengar Yoga All Levels 10:30 AM-12:00 PM	ABC: Strength & Core 9:00 AM-10:00 AM	Pickleball (16+) 1:15 PM-3:15 PM	Ballroom Standards Dance Class for Seniors 10:00 AM-10:45 AM	Seniors Social Line Dance: High Beg 10:15 AM-11:45 AM
International Line Dancing: Beg-Int 1:00 PM-2:30 PM	Active Aging 11:15 AM-12:15 PM	Seniors Ballroom Social Dance 1:15 PM-3:15 PM	Iyengar Yoga Mixed Level 9:00 AM-10:30 AM		Cheng Man Ch'ing Tai Chi – 37 Form: Beg 10:00 AM-11:30 AM	Line Dance All Levels 1:00 PM-2:30 PM
International Line Dancing: Imp-Int 2:45 PM-4:15 PM	International Line Dancing: Beg 1:00 PM-2:30 PM	Mulan Martial Arts 1:30 PM-3:00 PM	Cheng Man Ch'ing Tai Chi – 37 Form: Int 10:00 AM-11:30 AM		Ballroom Latins Dance Class for Seniors 11:00 AM-11:45 AM	
 SCAN FOR FURTHER DETAILS	Pickleball (19+) 1:15 PM-3:15 PM	Osteofit – Sit, Stand, Stabilize 1:45 PM-2:45 PM	Active Aging 11:15 AM-12:15 PM		Active Aging 11:15 AM-12:15 PM	
			Canasta Card Games for Seniors 1:00 PM-4:00 PM		Choose to Move 12:30 PM-1:30 PM	
			Mah Jong 1:00 PM-4:00 PM		Line Dance with Lisa: Adv 1:00 PM-2:30 PM	
			Line Dance: All Levels 1:00 PM-2:30 PM		Zumba Gold Beginner 3:15 PM-4:15 PM	
			Badminton for Seniors 1:15 PM-3:15 PM			
			Karaoke 1:30 PM-4:30 PM			
			Zumba Gold Beginner 3:30 PM-4:30 PM			