

IN-PERSON

Mondays

- 10:00 AM - Name That TUNE!
- 10:00 AM - Knitting & Crocheting
- 10:00 AM - Su Casa Social Dance Class
- 11:00 AM - Chair Yoga with Irene
- 01:00 PM - Billard's & Ping Pong
- 01:00 PM - Scrabble Games
- 01:00 PM - Women's Empowerment

Tuesdays

- 10:00 AM - Painting with Purpose
- 10:00 AM - Walking Club
- 10:00 AM - Line Dancing
- 11:00 AM - Chair Dance
- 01:00 PM - Pokeno Games
- 01:00 PM - Cardio Mix

Wednesdays

- 10:00 AM - Name That TUNE!
- 11:00 AM - MET Art Program
- 11:00 AM - Chair Yoga with Brother Ben
- 11:00 AM - Men's Discussion
- 01:00 PM - Mat & Roll Exercise
- 02:00 PM - Billiards & Ping Pong
- 02:00 PM - Pokeno Games

Thursdays

- 10:00 AM - Chinese Karaoke (Classroom 5)
- 10:00 AM - Jewelry Making
- 10:00 AM - Latin Dance
- 11:00 AM - Tai Chi with June
- 11:00 AM - Adult Coloring
- 01:00 PM - Body Conditioning
- 01:00 PM - Karaoke Party (Dining Room)

Fridays

- 10:00 AM - BINGO
- 10:00 AM - Quilting
- 10:00 AM - New ZUMBA (TBD)
- 10:00 AM - Su Casa Social Dance Class
- 11:00 AM - Ballroom Dancing
- 01:00 PM - Casual Conversations Discussion Group
- 01:00 PM - Strength & Stretch
- 02:00 PM - Pokeno Games

VIRTUAL

Mondays

- 11:00AM | Chair Yoga with Irene
ID# 809-327-718
Password: SNAP

Tuesdays

- 10:00AM | Lost in the 50's Music with Stan
ID# 517-027-166
Password: SNAP
- 11:00AM | Chair Dance with Irene
ID# 809-327-718
Password: SNAP
- 1:00PM | Cardio Mix with Doreen
ID# 967-1349-0389
Password: SNAP

Wednesdays

- 11:00AM | Chair Yoga with Irene
ID# 809-327-718
Password: SNAP
- 1:00PM | Mat & Roll with Doreen
(Intermediate to Advanced)
ID#: 967-1349-0389
Password: SNAP

Thursdays

- 1:00PM | Body Conditioning with Doreen
ID#: 967-1349-0389
Password: SNAP

Fridays

- 11:00AM | Chair Yoga with Irene
ID# 809-327-718
Password: SNAP
- 1:00PM | Stretch & Strength with Doreen
ID#: 967-1349-0389
Password: SNAP
- 1:00PM | Stretch & Strength with Doreen
ID#: 967-1349-0389
Password: SNAP
- 12:00PM April 11th
Virtual Book Club Meeting in Partnership
with Glen Oaks Library for
The Most Fun We Ever Had by Claire Lombardo
ID#: 850-1037-7896
Password: SNAP