



April 29, 2018 - May 05, 2018



# MT. PLEASANT SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u><b>APR 30</b></u>	<u><b>MAY 1</b></u>	<u><b>MAY 2</b></u>	<u><b>MAY 3</b></u>	<u><b>MAY 4</b></u>	<u><b>MAY 5</b></u>
8:00 AM ZUMBA (EX. A/B) 8:30 AM FIVE RITES (EX. C) 9:00 AM BALANCE (EX. A/B) 9:00 AM VISIT W/MINDY (L) 9:00 AM YIN YOGA (EX. RM C)  9:30 AM TRIPLE PLAY CANASTA (L) 10:00 AM "ASK AN ATTORNEY" (L) 10:00 AM COFFEE WITH A COP (C) 10:00 AM KNIT-WITS KNITTING (A/C) 10:00 AM MEDITATION (EX. C) 10:00 AM STRENGTH TRAINING & WEIGHTS (EX. AB) 11:00 AM CRIBBAGE (L) 11:00 AM NIA (EX. C)  12:00 PM LINE DANCE STEPS LEVEL 2 (EX. RM A/B) 12:00 PM PILATES w/ Veronica (EX. C) 12:30 PM MEXICAN TRAIN DOMINOES (L) 1:00 PM BINGO "BOONE HALL FARMS" (A/C) 1:00 PM CHESS CLUB (L) 1:00 PM CONTRACT BRIDGE (CARD) 1:00 PM LINE DANCE-BEG. (EX. A/B) 3:00 PM PHILOSOPHY (A/C) 5:00 PM CARDIO DANCE & TONE (EXA/B) 5:00 PM YOGA (EX. RM. C) 6:00 PM BODYWORKS BY MARIE (EX. AB)	7:00 AM TNT - TOTAL BODY (EX. A/B) 8:00 AM WALKER'S CLUB (LOBBY) 8:00 AM ZUMBA (EX. A/B) 8:30 AM FIVE RITES (EX. C) 9:00 AM BALANCE (EX. A/B) 9:00 AM CONTRACT BRIDGE (CARD) 9:00 AM YIN YOGA (EX. RM C)  9:30 AM TRIPLE PLAY CANASTA (L) 10:00 AM 5 WISHES W/REGENCY (A/C) 10:00 AM PHYSICAL THERAPIST ON DUTY (W) 10:00 AM STRENGTH TRAINING & WEIGHTS (EX. AB) 11:00 AM LINE DANCE INTER (EX. B) 11:00 AM NIA (EX. C)  12:00 PM BARRE (EX. C) 12:00 PM LUNCH & LEARN (A/C) 1:00 PM BID WHIST (CARD RM) 1:00 PM CHESS CLUB (L) 1:00 PM GOLD CHAIR (EX.B) 1:00 PM YOGA GENTLE (EX. C) 1:30 PM COMPUTER ASSISTANCE (L) 2:00 PM DOMINOES -RUMMIKUB- SCRABBLE (L) 2:30 PM TAI CHI INTERMEDIATE (EX. A/B) 3:00 PM CONTRACT BRIDGE (CARD) 5:00 PM CARDIO DANCE & TONE (EX. A/B) 5:00 PM YOGA (EX. RM. C) 6:00 PM EXERCISE 101 (EX. A/C)	7:00 AM TNT - TOTAL BODY (EX. A/B) 8:00 AM ZUMBA (EX. A/B) 8:30 AM FIVE RITES (EX. C) 9:00 AM BALANCE (EX. A/B) 9:00 AM CONTRACT BRIDGE (CARD) 9:00 AM YIN YOGA (EX. RM C)  9:30 AM TRIPLE PLAY CANASTA (L) 10:00 AM 5 WISHES W/REGENCY (A/C) 10:00 AM PHYSICAL THERAPIST ON DUTY (W) 10:00 AM STRENGTH TRAINING & WEIGHTS (EX. AB) 11:00 AM LINE DANCE INTER (EX. B) 11:00 AM NIA (EX. C)  12:00 PM BARRE (EX. C) 12:00 PM LUNCH & LEARN (A/C) 1:00 PM BID WHIST (CARD RM) 1:00 PM CHESS CLUB (L) 1:00 PM GOLD CHAIR (EX.B) 1:00 PM YOGA GENTLE (EX. C) 1:30 PM COMPUTER ASSISTANCE (L) 2:00 PM DOMINOES -RUMMIKUB- SCRABBLE (L) 2:30 PM TAI CHI INTERMEDIATE (EX. A/B) 3:00 PM CONTRACT BRIDGE (CARD) 5:00 PM CARDIO DANCE & TONE (EX. A/B) 5:00 PM YOGA (EX. RM. C) 6:00 PM BODYWORKS BY MARIE (EX. AB)	8:00 AM WALKER'S CLUB (LOBBY) 8:00 AM ZUMBA (EX. A/B) 8:30 AM FIVE RITES (EX. C) 9:00 AM ACRYLIC PAINTING (A/C) 9:00 AM BILLIARDS OPEN PLAY (L) 9:00 AM BODY BLAST (EX. A/B) 9:00 AM CONTRACT BRIDGE (CARD) 9:00 AM YIN YOGA (EX. RM C)  10:00 AM MAHJONGG (L) 10:00 AM STRENGTH TRAINING & WEIGHTS (EX. AB) 11:00 AM INTERMEDIATE SPANISH (A/C) 11:00 AM TAP - INTER. (EX. B) 12:00 PM ABSOLUTE BEGINNER SPANISH (A/C) 12:00 PM DUPLICATE BRIDGE LESSONS (CARD) 12:00 PM PILATES w/ Veronica (EX. C) 12:00 PM ZUMBA GOLD (EXAB) 1:00 PM BINGO "CAMBRIDGE JENKINS" (A/C) 1:00 PM CHESS CLUB (L) 1:00 PM DUPLICATE BRIDGE (CARD) 1:00 PM PINOCHLE 1:00 PM YOGA (EX. RM. C) 1:00 PM ZUMBA CHAIR (EX A/B) 3:00 PM RECORDER INSTRUMENT INT. (A/C) 6:00 PM EXERCISE 101 (EX. A/C)	7:00 AM TNT - TOTAL BODY (EX. A/B) 8:00 AM ZUMBA (EX. A/B) 8:30 AM FIVE RITES (EX. C) 9:00 AM BALANCE (EX. A/B) 9:00 AM PET THERAPY - VISIT W/ NIMITZ (L) 9:00 AM YIN YOGA (EX. RM C)  9:30 AM TRIPLE PLAY CANASTA (L) 10:00 AM STRENGTH TRAINING & WEIGHTS (EX. AB) 10:00 AM WATERCOLOR PAINTING - INTER (A/C) 10:00 AM WOMEN'S POOL CLINIC (L) 11:00 AM CARDIO DANCE & TONE (EX. RM. A/B) 12:00 PM MAH JONGG (EX. C) 12:00 PM PICKLEBALL BEGINNERS (EX. RM. A/B) 1:00 PM CHESS CLUB (L) 1:00 PM DUPLICATE 1:00 PM EUCHRE (L) 1:00 PM PICKLEBALL GENERAL PLAY (EX. RM. A/B) 2:00 PM OLDIES FOR SENIORS (A/C) 3:00 PM HARMONICA CLUB (A/C) 5:00 PM TAI CHI BEGINNERS (EX. A/B)	9:00 AM ZUMBA GOLD (EX. A/B) 10:00 AM CONTRACT BRIDGE (CARD) 10:00 AM YOGA "FLOW" (EX. C) 11:00 AM LINE DANCE STEPS - LEVEL 2 (EX. A/B) 12:00 PM LINE DANCE STEPS - LEVEL 1(EX. A/B)