






# Program Schedule



## December 5, 2022 – December 10, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<p><b>9:30AM (CARD)</b> TRIPLE PLAY CANASTA</p> <p><b>10:00AM (A/C)</b> KNIT WITS GROUP</p> <p><b>10:00AM (L)</b> CHESS</p> <p><b>11:00AM (L)</b> CRIBBAGE</p> <p><b>1:00PM (A/C)</b> BINGO</p> <p><b>1:00 PM (CARD)</b> CONTRACT BRIDGE</p> <p><b>3:00PM (A/C)</b> PHILOSOPHY</p>  <p><b>4:30PM (LOB)</b> TRIP TO CALIFORNIA DREAMING AND THE JAMES ISLAND COUNTY PARK LIGHT SHOW.</p>	<p><b>9:30AM (L)</b> CONTRACT BRIDGE</p> <p><b>10:00AM (L)</b> MAH JONGG</p> <p><b>10:00AM (A/C)</b> RUG HOOKING</p> <p><b>1:00PM (L)</b> CONTRACT BRIDGE</p> <p><b>1:00PM (CARD)</b> DUPLICATE BRIDGE</p>	<p><b>11:00AM (A/C)</b> DRAWING OPEN STUDIO</p> <p><b>12:00PM (L)</b> PET THERAPY MINDY &amp; ELLEN</p> <p><b>12:00PM (A/C) HOL</b> <b>POT LUCK</b> <b>SOCIAL</b></p> <p><b>12:00PM (CARD)</b> SCRABBLE</p> <p><b>1:00PM (CARD)</b> BID WHIST</p> <p><b>1:00PM (A/C)</b> TECHNOLOGY SUPPORT</p> <p><b>2:00PM (L)</b> DOM., RUMMI &amp; BKGAMMON</p> <p><b>2:00PM (C)</b> PING PONG</p> <p><b>3:00PM (CARD)</b> CONTRACT BRIDGE</p> <p><b>3:00PM (A/C)</b> SING ALONG</p>	<p><b>9:00AM (L)</b> BILLIARDS</p> <p><b>9:00AM (CARD)</b> CONTRACT BRIDGE</p> <p><b>9:00AM (A/C)</b> DIY HOLIDAY ORNAMENTS</p> <p><b>9:30AM (CAFÉ)</b> COFFEE &amp; CONVERSATION W/ SHERRIE</p> <p><b>10:00AM (L)</b> MAH JONGG</p> <p><b>10:00AM (L)</b> CHESS</p> <p><b>11:00AM (A/C)</b> INTER./ADV SPANISH</p> <p><b>1:00PM (A/C)</b> GREAT DECISIONS</p> <p><b>1:00PM (CARD)</b> INTERMEDIATE BRIDGE</p> <p><b>1:00PM (L)</b> PINOCHLE</p> <p><b>3:00PM (A/C)</b> MEDITATION CLUB</p>	<p><b>9:30AM (CARD)</b> TRIPLE PLAY CANASTA</p> <p><b>12:00PM (L)</b> MAH JONGG</p> <p><b>12:00PM (C)</b> PING PONG</p> <p><b>1:00PM (L)</b> EUCHRE</p> <p><b>1:00PM (L)</b> TRIPLE PLAY CANASTA</p> <p><b>1:00PM (CARD)</b> DUPLICATE BRIDGE</p> <p><b>1:00PM (A/C)</b> GERMAN CLASS</p> <p><b>3:00PM (A/C)</b> HARMONICA CLUB</p> <p><b>4:00PM (A/C)</b> ACOUSTIC INSTRUMENTS &amp; VOCALS</p>	<p><b>10:00AM (CARD)</b> CONTRACT BRIDGE</p>
 <p><b>TIME TO TURN IN YOUR ANGEL TREE GIFTS!</b></p>		 <p><b>Happy Holiday Potluck Dinner</b></p>		<p><b>PROGRAM</b></p> <p>A/C - Arts &amp; Crafts Card - Card Rm. LOB - Lobby L - Lounge Café - Café</p>	

# Mt. Pleasant Senior Center

840 Von Kolnitz Rd., Mt. Pleasant, SC

Telephone (843)856-2166


<http://www.mtpleasantrec.com/SeniorCenter>



# Exercise Class Schedule



## December 5, 2022 – December 10, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6	7	8	9	10
<b>6:00AM</b> (AB) RECREATIONAL PICKLE BALL OPEN PLAY  <b>8:00AM</b> \$ (AB) ZUMBA TONE  <b>8:30AM</b> (C) FIVE RITES  <b>9:00AM</b> (C) YIN YOGA  <b>9:00AM</b> \$ (AB) BALANCE & STRETCH  <b>10:00AM</b> \$ (AB) PRIME HITT  <b>10:00AM</b> (WO) ECMC PHYSICAL THERAPY CONSULT  <b>11:00AM</b> \$ (AB) PRIME YOGA FLOW  <b>12:00PM</b> \$ (C) PILATES  <b>12:00PM</b> (AB) PRIME CHAIR  <b>6:00PM</b> (AB) EXERCISE 101	<b>6:00AM</b> (AB) RECREATIONAL PICKLE BALL OPEN PLAY  <b>7:00AM</b> (AB) TNT  <b>8:00AM</b> \$ (AB) ZUMBA  <b>8:30AM</b> (C) FIVE RITES  <b>8:00AM</b> (LOB) "SOLELY FOR FUN" WALKING CLUB (Call AI @ 843 884-8555 for start point)  <b>9:00AM</b> \$ (C) YIN YOGA  <b>9:00AM</b> \$ (AB) BODY BLAST  <b>12:00PM</b> (AB) EXERCISE 101  <b>1:00PM</b> \$ (C) YOGA GENTLE  <b>2:00PM</b> (AB) RECREATIONAL PICKLE BALL OPEN PLAY  <b>5:00PM</b> (C) YIN YOGA   <b>RUNNING INTO THE HOLIDAYS</b>	<b>7:00AM</b> (AB) TNT  <b>8:30AM</b> (C) FIVE RITES  <b>9:00AM</b> \$ (AB) BALANCE & STRETCH  <b>9:00AM</b> (C) YIN YOGA  <b>10:00AM</b> \$ (AB) STRENGTH TRAINING  <b>11:00AM</b> \$ (AB) DRUMS ALIVE  <b>12:00PM</b> \$ (AB) LINE DANCE L4  <b>2:00PM</b> (C) PING PONG OPEN PLAY  <b>2:00PM</b> \$ (AB) TAI CHI  <b>6:00PM</b> (AB) EXERCISE 101	<b>6:00AM</b> (AB) RECREATIONAL PICKLE BALL OPEN PLAY  <b>8:00AM</b> (LOB) "SOLELY FOR FUN" WALKING CLUB  <b>8:00AM</b> \$ (AB) ZUMBA TONE  <b>8:30AM</b> (C) FIVE RITES  <b>9:00AM</b> (C) YIN YOGA (GROUP LED)  <b>9:00AM</b> \$ (AB) BODY BLAST  <b>10:00AM</b> \$ (AB) STRENGTH TRAINING  <b>12:00PM</b> \$ (C) PILATES  <b>1:00PM</b> \$ (C) YOGA GENTLE  <b>5:00PM</b> (C) YIN YOGA	<b>7:00AM</b> (AB) TNT  <b>8:30AM</b> (C) FIVE RITES  <b>9:00AM</b> (C) YIN YOGA  <b>9:00AM</b> \$ (AB) BALANCE & STRETCH  <b>10:00AM</b> \$ (AB) STRENGTH TRAINING  <b>11:00AM</b> \$ (AB) PRIME CIRCUIT  <b>12:00PM</b> (AB) PRIME CHAIR  <b>12:00PM</b> (C) PING PONG OPEN PLAY  <b>1:00PM</b> (AB) PICKLE BALL 101  <b>1:30PM</b> (AB) PICKLE BALL SKILLS & DRILLS  <b>2:00PM</b> (AB) REC OPEN PLAY PICKLE BALL	<b>6:00AM</b> (AB) RECREATIONAL PICKLE BALL OPEN PLAY  <b>11:00AM</b> \$ (AB) LINE DANCE L2  <b>12:00PM</b> \$ (AB) LINE DANCE L1

### EXERCISE

A/B - Ex. Rooms A&B  
 C - Ex. Room C  
 WO - Wellness Office  
 LOB - Fitness Lobby

# Mt. Pleasant Senior Center

840 Von Kolnitz Rd., Mt. Pleasant, SC

Telephone (843)856-2166

<http://www.mtpleasantrec.com/SeniorCenter>