




# Program Schedule

## September 13, 2021 – September 18, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13	14	15	16	17	18
<p>9:00AM (C) CHEESE GRITS MONDAY</p> <p>10:00AM (A/C) VETERAN'S CLUB</p> <p>9:30AM (CARD) TRIPLE PLAY CANASTA</p> <p>10:00AM (L) KNIT WITS GROUP</p> <p>11:00AM (L) CRIBBAGE</p> <p>1:00PM (A/C) BINGO</p> <p>1:00PM (L) CHESS</p> <p>1:00 PM (CARD) CONTRACT BRIDGE</p> <p>3:00PM (A/C) PHILOSOPHY</p>	<p>9:30AM (CARD) CONTRACT BRIDGE</p> <p>10:00AM (L) MAH JONGG</p> <p>10:00AM (A/C) RUG HOOKING</p> <p>12:30PM (L) MAH JONGG</p> <p>1:00PM (L) CHESS</p>	<p>9:00AM (CARD) CONTRACT BRIDGE</p> <p>9:30AM (L) TRIPLE PLAY CANASTA</p> <p>12:00PM (L) PET THERAPY W/MINDY</p> <p>11:00PM (A/C) DRAWING -OPEN STUDIO</p> <p>1:00PM (CARD) BID WHIST</p> <p>1:00PM (L) CHESS</p> <p>1:00PM (A/C) TECHNOLOGY SUPPORT</p> <p>2:00PM (L) DOM., RUMMI &amp; BKGAMMON</p> <p>2:00PM (L) SCRABBLE</p> <p>3:00PM (CARD) CONTRACT BRIDGE</p>	<p>9:00AM (L) BILLIARDS</p> <p>9:00AM (CARD) CONTRACT BRIDGE</p> <p>10:00AM (L) MAH JONGG</p> <p>10:00AM (A/C) NAVIGATING CARE IN THE HOME</p> <p>11:00AM (A/C) ADVANCED SPANISH</p> <p>12:00PM (A/C) INTERMEDIATE SPANISH</p> <p>1:00PM (L) PINOCHLE</p> <p>1:00PM (L) CHESS</p>	<p>9:30AM (L) TRIPLE PLAY CANASTA</p> <p>12:00PM (L) MAH JONGG</p> <p>1:00PM (L) EUCHRE</p> <p>1:00PM (CARD) DUPLICATE BRIDGE</p> <p>1:00PM (L) CHESS</p> <p>1:00PM (A/C) GERMAN SOCIALIZATION</p> <p>3:00PM (A/C) HARMONICA CLUB</p> <p>4:00PM (A/C) ACOUSTIC INSTRUMENTS &amp; VOCALS</p>	<p>10:00AM (CARD) CONTRACT BRIDGE</p>
 <p><b>BE AWARE - TAKE CARE</b></p> <p><b>FALL</b></p> <p><b>PREVENTION!</b></p>					

# Mt. Pleasant Senior Center

840 Von Kolnitz Rd., Mt. Pleasant, SC

Telephone (843)856-2166


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



# Exercise Class Schedule



## September 13, 2021 – September 18, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13	14	15	16	17	18
<b>6:00AM</b> (AB) REC PLAY PICKLE BALL  <b>9:00AM</b> (C) YIN YOGA  <b>9:00AM \$</b> (AB) BALANCE & STRETCH  <b>11:00AM \$</b> (AB) PRIMETIME FITNESS  <b>12:00PM \$ (C)</b> ZUMBA GOLD  <b>12:00PM \$ (C)</b> PILATES  <b>12:00PM (AB)</b> PRIME CHAIR  <b>1:00PM \$</b> (AB) LINE DANCE L 2&3  <b>2:00PM</b> (AB) BEGINNER TAP  <b>3:00PM \$</b> (AB) ADV/BEG TAP CLASS  <b>6:00PM</b> (AB) EXERCISE 101	<b>6:00AM (AB)</b> REC PLAY PICKLE BALL  <b>7:00AM (AB)</b> TNT  <b>8:00AM (LOB)</b> "SOLEY FOR FUN" WALKING GROUP (Call Al @ 843 291-1141 for start point)  <b>8:00AM \$ (AB)</b> ZUMBA  <b>9:00AM \$ (AB)</b> BODY BLAST  <b>10:00AM \$ (AB)</b> MINDFUL MEDITATION 9/7 – 10/12  <b>12:00PM (AB)</b> EXERCISE 101  <b>1:00PM \$ (C)</b> GENTLE YOGA  <b>5:00PM (AB)</b> YIN YOGA	<b>6:00AM (AB)</b> REC PLAY PICKLE BALL  <b>7:00AM (AB)</b> TNT  <b>9:00AM (C)</b> YIN YOGA  <b>9:00AM \$ (AB)</b> BALANCE & STRETCH  <b>10:00AM \$ (AB)</b> STRENGTH TRAINING  <b>11:00AM \$ (AB)</b> PRIMETIME FITNESS  <b>2:00PM \$ (AB)</b> TAI CHI  <b>2:00PM (C)</b> PING PONG  <b>6:00PM (AB)</b> EXERCISE 101	<b>6:00AM (AB)</b> REC PLAY PICKLE BALL  <b>8:00AM (AB)</b> ZUMBA TONE  <b>8:00AM (LOB)</b> "SOLEY FOR FUN" WALKING GROUP (Call Al @ 843 291-1141 for start point)  <b>9:00AM \$ (AB)</b> BODY BLAST  <b>10:00AM \$ (AB)</b> STRENGTH TRAINING  <b>12:00PM \$ (C)</b> PILATES  <b>1:00PM \$ (C)</b> GENTLE YOGA  <b>5:00PM (AB)</b> YIN YOGA	<b>6:00AM (AB)</b> REC PLAY PICKLE BALL  <b>7:00AM (AB)</b> TNT  <b>9:00AM (C)</b> YIN YOGA  <b>9:00AM \$ (AB)</b> BALANCE & STRETCH  <b>10:00AM \$ (AB)</b> STRENGTH TRAINING  <b>11:00AM \$ (AB)</b> PRIMETIME FITNESS  <b>12:00PM (AB)</b> PRIME CHAIR  <b>12:00PM (C)</b> PING PONG  <b>1:00PM (AB)</b> BEGINNER PICKLE BALL INSTRUCTION  <b>1:30PM (AB)</b> PICKLEBALL SKILLS & DRILLS  <b>2:00PM (AB)</b> REC PLAY PICKLEBALL	<b>6:00AM (AB)</b> REC PLAY PICKLE BALL  <b>9:00AM (C)</b> CARDIO DRUMMING  <b>10:00AM \$ (C)</b> YOGA HATHA  <b>11:00AM \$ (AB)</b> LINE DANCE L2  <b>12:00PM \$ (AB)</b> LINE DANCE L1
					
	<b>BE AWARE - TAKE CARE</b> <b>FALL</b> <b>PREVENTION!</b>				

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