





# Program Schedule



## October 18, 2021 – October 23, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19	20	21	22	23
<b>9:30AM (CARD)</b> TRIPLE PLAY CANASTA  <b>10:00AM (L)</b> KNIT WITS GROUP  <b>11:00AM (L)</b> CRIBBAGE  <b>1:00PM (A/C)</b> BINGO  <b>1:00PM (L)</b> CHESS  <b>1:00 PM (CARD)</b> CONTRACT BRIDGE  <b>3:00PM (A/C)</b> PHILOSOPHY	<b>9:30AM (CARD)</b> CONTRACT BRIDGE  <b>10:00AM (L)</b> MAH JONGG  <b>10:00AM (A/C)</b> RUG HOOKING  <b>12:30PM (L)</b> MAH JONGG  <b>1:00PM (L)</b> CHESS  <b>1:00PM (L)</b> CONTRACT BRIDGE  <b>1:00PM (L)</b> DUPLICATE BRIDGE  <div style="background-color: #d8bfd8; padding: 5px; text-align: center;"> <b>“No Carve” Pumpkin Contest Do not forget to VOTE! Oct 19<sup>th</sup>–Oct 26<sup>th</sup></b> </div>  REGISTRATION BEGINS TODAY FOR TRIVIA!	<b>9:00AM (CARD)</b> CONTRACT BRIDGE  <b>9:30AM (L)</b> TRIPLE PLAY CANASTA  <b>10:00AM (LOB)</b> ART WALK  <b>10:00AM (A/C)</b> AUTHOR: MARK “PATHFINDER” EPSTEIN  <b>12:00PM (L)</b> PET THERAPY W/MINDY  <b>11:00PM (A/C)</b> DRAWING -OPEN STUDIO  <b>1:00PM (CARD)</b> BID WHIST  <b>1:00PM (L)</b> CHESS  <b>1:00PM (A/C)</b> TECHNOLOGY SUPPORT  <b>2:00PM (L)</b> DOM., RUMMI & BKGAMMON  <b>2:00PM (L)</b> SCRABBLE  <b>3:00PM (CARD)</b> CONTRACT BRIDGE	<b>9:00AM (L)</b> BILLIARDS  <b>9:00AM (CARD)</b> CONTRACT BRIDGE  <b>10:00AM (L)</b> MAH JONGG  <b>11:00AM (A/C)</b> ADVANCED SPANISH  <b>11:00AM (L)</b> WEIGHT & TALK  <b>12:00PM (A/C)</b> INTERMEDIATE SPANISH  <b>1:00PM (L)</b> PINOCHLE  <b>1:00PM (L)</b> CHESS	<b>9:30AM (L)</b> TRIPLE PLAY CANASTA  <b>12:00PM (L)</b> MAH JONGG  <b>1:00PM (L)</b> EUCHRE  <b>1:00PM (CARD)</b> DUPLICATE BRIDGE  <b>1:00PM (L)</b> CHESS  <b>1:00PM (A/C)</b> GERMAN SOCIALIZATION  <b>3:00PM (A/C)</b> HARMONICA CLUB  <b>4:00PM (A/C)</b> ACOUSTIC INSTRUMENTS & VOCALS	<b>10:00AM (CARD)</b> CONTRACT BRIDGE
<b>TURN IN YOUR DECORATED “NO CARVE” PUMPKIN</b>					<b>Register Now! 10/12 – 10/19 Mt. Pleasant Senior Center Art Walk</b>
					

# Mt. Pleasant Senior Center

840 Von Kolnitz Rd., Mt. Pleasant, SC

Telephone (843)856-2166

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



# Exercise Class Schedule

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>6:00AM</b> (AB) REC PLAY PICKLE BALL  <b>9:00AM</b> (C) YIN YOGA  <b>9:00AM</b> \$ (AB) BALANCE & STRETCH  <b>10:00AM</b> \$ (AB) ZUMBA GOLD  <b>11:00AM</b> \$ (AB) PRIME HIIT  <b>12:00PM</b> \$ (C) PILATES  <b>12:00PM</b> (AB) 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</b> (AB) REC PLAY PICKLE BALL  <b>7:00AM</b> (AB) TNT  <b>8:00AM</b> (LOB) "SOLEY FOR FUN" WALKING GROUP (Call AI @ 843 291-1141 for start point)  <b>8:00AM</b> \$ (AB) ZUMBA  <b>9:00AM</b> \$ (AB) BODY BLAST  <b>12:00PM</b> (AB) EXERCISE 101  <b>1:00PM</b> \$ (C) GENTLE YOGA  <b>5:00PM</b> (AB) YIN YOGA	<b>6:00AM</b> (AB) REC PLAY PICKLE BALL  <b>7:00AM</b> (AB) TNT  <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 YOGA  <b>12:00PM</b> \$ (AB) LINE DANCE 4  <b>2:00PM</b> \$ (AB) TAI CHI  <b>2:00PM</b> (C) PING PONG  <b>6:00PM</b> (AB) EXERCISE 101	<b>6:00AM</b> (AB) REC PLAY PICKLE BALL  <b>8:00AM</b> \$ (AB) ZUMBA TONE  <b>8:00AM</b> (LOB) "SOLEY FOR FUN" WALKING GROUP (Call AI @ 843 291-1141 for start point)  <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) GENTLE YOGA  <b>5:00PM</b> (AB) YIN YOGA	<b>6:00AM</b> (AB) REC PLAY PICKLE BALL  <b>7:00AM</b> (AB) TNT  <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  <b>1:00PM</b> (AB) BEGINNER PICKLE BALL INSTRUCTION  <b>1:30PM</b> (AB) PICKLEBALL SKILLS & DRILLS  <b>2:00PM</b> (AB) REC PLAY PICKLEBALL	<b>6:00AM</b> (AB) REC PLAY PICKLE BALL  <b>9:00AM</b> (C) CARDIO DRUMMING  <b>10:00AM</b> \$ (C) YOGA HATHA  <b>11:00AM</b> \$ (AB) LINE DANCE L2  <b>12:00PM</b> \$ (AB) LINE DANCE L1



**CHECK  
OUT OUR  
ZUMBA  
CLASSES!**

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