



Program Schedule



January 20, 2020 – January 25, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25
9:00AM (L) PET THERAPY W/MINDY 9:00AM (C) CHEESE GRITS MONDAY 9:30AM (L) TRIPLE PLAY CANASTA 10:00AM (CAFÉ) COFFEE WITH A COP 10:00AM (A/C) VETERAN'S CLUB & HISTORY PROGRAM 10:00AM (AC) KNIT WITS GROUP 11:00AM (L) CRIBBAGE 1:00PM (AC) BOONE HALL FARMS BINGO 1:00PM (L) CHESS CLUB 1:00PM (CARD) CONTRACT BRIDGE 3:00PM (AC) PHILOSOPHY	8:00AM (L) WALKER'S CLUB 9:30AM (CARD) CONTRACT BRIDGE 10:00AM (L) MAH JONGG 10:00AM (AC) RUG HOOKING 12:00PM LUNCH BUNCH "STEELE CITY PIZZA" 12:30PM (L) MAH JONGG 1:00PM (CARD) DUPLICATE BRIDGE 1:00PM (L) CONTRACT BRIDGE 1:00PM (L) CHESS CLUB 4:00PM (AC) ACOUSTICS & INSTRUMENTS	9:00AM (CARD) CONTRACT BRIDGE 9:00AM (LOB) PING PONG CLINIC (BEG) 9:30AM (L) TRIPLE PLAY CANASTA 10:00AM (L) PET THERAPY W/RUDY 10:00AM (LOB) PING PONG CLINIC (INT) 10:00AM (A/C) SENIOR SAFETY 1:00PM (CARD) BID WHIST 1:00PM (L) CHESS CLUB 1:30PM (L) COMPUTER ASSISTANCE 1:00PM (AC) DRAWING OPEN STUDIO 2:00PM (L) DOM., RUMMI & BKGAMMON 2:00PM (CARD) SCRABBLE 3:00PM (L) CONTRACT BRIDGE 4:00PM (A/C) JEWELRY CLASS	8:00AM (LOB) WALKER'S CLUB 9:00AM (L) BILLIARDS OPEN PLAY 9:00AM \$ (A/C) ACRYLIC PAINTING 9:00AM (CARD) CONTRACT BRIDGE 10:00AM (L) GARDEN CLUB 10:00AM (L) MAH JONGG 10:00AM (CARD) BEG. BRIDGE 11:00AM (AC) INTERMEDIATE SPANISH 12:00PM (AC) BEGINNER SPANISH 12:00PM (CARD) INTER. BRIDGE 1:00PM (AC) CRESENT & FIRST LIGHT BINGO 1:00PM (L) CHESS CLUB 1:00PM (CARD) BRIDGE (DUP) 1:00PM (L) PINOCHLE 3:00PM (AC) RECORDER INSTRUMENT	9:30AM (L) TRIPLE PLAY CANASTA 10:00AM \$ (A/C) WATERCOLOR PAINTING 12:00AM (C) MAH JONGG 1:00PM (L) CHESS CLUB 1:00PM (CARD) DUPLICATE BRIDGE 1:00PM (L) EUCHRE 1:00PM (AC) BLAST FROM THE PAST 3:00PM (AC) HARMONICA CLUB 4:00PM (AC) ACOUSTICS & INSTRUMENTS	10:00PM (CARD) CONTRACT BRIDGE 10:00AM \$ (A/C) OIL PAINTING

Mt. Pleasant Senior Center



Exercise Class Schedule



January 20, 2020 – January 25, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25
6:00AM (AB) PICKLEBALL	6:00AM (AB) PICKLEBALL	6:00AM (AB) PICKLEBALL	6:00AM (AB) PICKLEBALL	6:00AM (AB) PICKLEBALL	6:00AM (AB) PICKLEBALL
8:00AM \$ (AC) ZUMBA	7:00AM (AB) TNT	7:00AM TNT	8:00AM \$ (AC) ZUMBA	7:00AM (AB) TNT	9:00AM \$ (AB) ZUMBA GOLD
8:30AM (C) FIVE RITES	8:00AM \$ (AC) ZUMBA	8:00AM \$ (AC) ZUMBA	8:30AM (C) FIVE RITES	8:00AM \$ (AC) ZUMBA	10:00AM \$ (C) YOGA-HATHA
9:00AM \$ (AB) BALANCE & STRETCH	8:30AM (C) FIVE RITES	8:30AM (C) FIVE RITES	9:00AM \$ (A/B) BODY BLAST	8:30AM (C) FIVE RITES	11:00AM \$ (AB) LINE DANCE L2
9:00AM (C) YIN YOGA	9:00AM (AB) EXERCISE 101	9:00AM \$ (AB) BALANCE & STRETCH	9:00AM (C) YIN YOGA	9:00AM \$ (AB) BALANCE & STRETCH	12:00PM \$ (AB) LINE DANCE L1
10:00AM \$ (AB) STRENGTH TRAINING	9:00AM (C) YIN YOGA	9:00AM (C) YIN YOGA	10:00AM \$ (C) YOGA CHAIR	9:00AM (C) YIN YOGA	
11:00PM \$ (AB) PRIME TIME CARDIO FITNESS	10:00AM \$ (C) YOGA CHAIR	10:00AM \$ (C) MINDFUL MEDITATION	10:00AM \$ (AB) STRENGTH TRAINING	10:00AM \$ (AB) STRENGTH TRAINING	
12:00PM \$ (AB) TAP	10:00AM \$ (AB) STRENGTH TRAINING	10:00AM \$ (AB) STRENGTH TRAINING	11:00AM \$ (AB) ZUMBA CHAIR	11:00AM \$ (C) TAI CHI BEGINNER	
12:00PM \$ (C) PILATES	11:00AM \$ (AB) ZUMBA CHAIR	12:00PM \$ (C) BARRE	12:00PM \$ (C) PILATES	11:00AM \$ (AB) CARDIO DANCE & TONE	
1:00PM \$ (AB) LINE DANCE L 2&3	1:00PM \$ (C) YOGA HATHA	12:00PM \$ (AB) LINE DANCE L4	1:00PM \$ (C) YOGA HATHA	12:00PM (AB) PICKLEBALL INSTRUCTION	
6:00PM (AB) BODY WORKS	5:00PM \$ (A/B) ZUMBA TONE	1:00PM \$ (AB) GOLD CHAIR	6:00PM (AB) EXERCISE 101	1:00PM (AB) PICKLEBALL SKILLS & DRILLS	
	6:00PM (AB) EXERCISE 101	2:30PM \$ (AB) TAI CHI INTERMEDIATE		2:00PM (AB) PICKLEBALL GENERAL PLAY	
		6:00PM (AB) BODY WORKS			

Mt. Pleasant Senior Center

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<http://www.mpleasantrec.com/Senior-Center>