







# Program Schedule

## September 26, 2022 – October 1, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>
<b>9:30AM (CARD)</b> TRIPLE PLAY CANASTA  <b>10:00AM (L)</b> KNIT WITS GROUP  <b>10:30AM (Lobby)</b> ASK AN ATTORNEY  <b>11:00AM (L)</b> CRIBBAGE  <b>1:00PM (AC)</b> BINGO  <b>11:00AM (L)</b> CHESS  <b>1:00 PM (CARD)</b> CONTRACT BRIDGE  <b>3:00PM (A/C)</b> PHILOSOPHY  <b>4:00PM (AC)</b> MEDITATION CLUB	<b>9:30AM (CARD)</b> CONTRACT BRIDGE  <b>10:00AM (CARD)</b> RUGHOOKING  <b>10:00AM (L)</b> MAH JONGG  <b>1:00PM (L)</b> CONTRACT BRIDGE  <b>1:00PM (CARD)</b> DUPLICATE BRIDGE   <b>4:00PM (AB)</b> <b>“SHAG DANCE SOCIAL”</b> <b>SPONSOR: ATRIA SENIOR LIVING</b>	<b>10:00AM (A/C)</b> “ALLIANCEFHEA RPY DOGS & SOCIAL SECURITY SEMINAR”  <b>11:00AM (A/C)</b> OPEN STUDIO DRAWING  <b>12:00PM (L)</b> PET THERAPY W/MINDY & ELLEN  <b>12:00PM (L)</b> SCRABBLE  <b>2:00PM (C)</b> PING PONG  <b>1:00PM (CARD)</b> BID WHIST  <b>2:00PM (A/C)</b> TECHNOLOGY SUPPORT  <b>2:00PM (L)</b> DOM., RUMMI & BKGAMMON  <b>3:00PM (CARD)</b> CONTRACT BRIDGE  <b>3:00PM (A/C)</b> SING-A-LONG	<b>9:00AM (L)</b> BILLIARDS  <b>10:00AM (L)</b> MAH JONGG  <b>10:00AM (L)</b> CHESS  <b>11:00AM (A/C)</b> ADVANCED SPANISH  <b>12:00PM (A/C)</b> INTERMEDIATE SPANISH  <b>1:00PM (L)</b> PINOCHLE  <b>1:00PM (A/C)</b> GREAT DECISIONS  <b>1:00PM (CARD)</b> INTERMEDIATE BRIDGE CLASS  <b>3:00PM (A/C)</b> MEDITATION CLUB  	<b>ART WALL GALLERY BEGINS TODAY!</b>  <b>9:30AM (L)</b> TRIPLE PLAY CANASTA  <b>12:00PM (C)</b> PING PONG  <b>1:00PM (CARD)</b> DUPLICATE BRIDGE  <b>1:00PM (L)</b> EUCHRE  <b>1:00PM (A/C)</b> GERMAN  <b>1:00PM (L)</b> TRIPLE PLAY CANASTA  <b>12:00PM (L)</b> MAH JONGG  <b>3:00PM (A/C)</b> HARMONICA CLUB  <b>4:00PM (A/C)</b> ACOUSTIC INSTRUMENTS & VOCALS	<b>10:00AM(CARD)</b> CONTRACT BRIDGE
 <p><b>CYPRESS GARDENS BUS TRIP</b> <b>MONDAY 10/10/22</b> <b>BUS WILL LEAVE AT 9:00AM.</b></p> <p><b>PRIOR REGISTER REQUIRED!</b> <b>SEE FRONT DESK</b> <b>BUS FEE \$3.00</b> <b>PAY YOUR OWN ENTRY FEE AT THE GARDENS</b></p>	<p><b>REGISTER NOW! WEDNESDAY WORKSHOP</b></p>  <p><b>SESSION #2 “KNOW YOUR BRAIN!”</b> <b>WED. 10/5/22</b> <b>A/CRM. 10:00AM</b></p>	<p><b>National Coffee Day!</b> <b>Enjoy a flavored coffee with us!</b></p>			


# Mt. Pleasant Senior Center




# Exercise Class Schedule



## September 26, 2022 – October 1, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1
<p><b>6:00AM</b> (AB) RECREATIONAL PICKLE BALL OPEN PLAY</p> <p><b>9:00AM</b> \$ (AB) BALANCE &amp; STRETCH</p> <p><b>9:00AM</b> (C) YIN YOGA</p> <p><b>10:00AM</b> \$ (AB) PRIME HITT</p> <p><b>10:00AM</b> (WO) PHYSICAL THERAPY CONSULT</p> <p><b>11:00AM</b> \$ (AB) PRIME YOGA</p> <p><b>12:00PM</b> \$ (C) PILATES</p> <p><b>12:00PM</b> (AB) PRIME CHAIR</p> <p><b>1:00PM</b> \$ (AB) LINE DANCE 2&amp;3</p> <p><b>2:00PM</b> \$ (AB) INTERMEDIATE TAP</p> <p><b>3:00PM</b> \$ (AB) BEGINNER TAP</p> <p><b>6:00PM</b> (AB) EXERCISE 101</p>	<p><b>6:00AM</b> (AB) RECREATIONAL PICKLE BALL OPEN PLAY</p> <p><b>7:00AM</b> (AB) TNT</p> <p><b>8:00AM</b> \$ (AB) ZUMBA</p> <p><b>8:00AM</b> "SOLEY FOR FUN" WALKING GROUP (Call AI @ 843 291-1141 for start point)</p> <p><b>9:00AM</b> \$ (C) YIN YAN YOGA</p> <p><b>9:00AM</b> \$ (AB) BODY BLAST</p> <p><b>12:00PM</b> (AB) EXERCISE 101</p> <p><b>1:00PM</b> \$ (C) YOGA GENTLE</p> <p><b>2:00PM</b> (AB) RECREATIONAL PICKLE BALL OPEN PLAY</p> <p> <b>4:00PM</b> (AB) "SHAG DANCE SOCIAL" SPONSOR: ATRIA SENIOR LIVING</p> <p><b>5:00PM</b> (C) YIN YOGA</p>	<p><b>7:00AM</b> (AB) TNT</p> <p><b>9:00AM</b> (C) YIN YOGA</p> <p><b>9:00AM</b> \$ (AB) BALANCE &amp; STRETCH</p> <p><b>10:00AM</b> \$ (AB) STRENGTH TRAINING</p> <p><b>11:00AM</b> \$ (AB) DRUMS ALIVE</p> <p><b>2:00PM</b> (C) PING PONG</p> <p><b>2:00PM</b> \$ (AB) TAI CHI</p> <p><b>6:00PM</b> (AB) EXERCISE 101</p>	<p><b>6:00AM</b> (AB) RECREATIONAL PICKLE BALL OPEN PLAY</p> <p><b>8:00AM</b> \$ (AB) ZUMBA TONE</p> <p><b>8:00AM</b> (LOB) "SOLEY FOR FUN" WALKING GROUP</p> <p><b>9:00AM</b> \$ (AB) BODY BLAST</p> <p><b>10:00AM</b> \$ (AB) STRENGTH TRAINING</p> <p><b>12:00PM</b> \$ (C) PILATES</p> <p><b>1:00PM</b> (AB) BALANCE WORKSHOP</p> <p><b>1:00PM</b> \$ (C) YOGA GENTLE</p> <p><b>5:00PM</b> (AB) YIN YOGA</p>	<p><b>7:00AM</b> (AB) TNT</p> <p><b>9:00AM</b> (C) YIN YOGA</p> <p><b>9:00AM</b> \$ (AB) BALANCE &amp; STRETCH</p> <p><b>10:00AM</b> \$ (AB) STRENGTH TRAINING</p> <p><b>11:00AM</b> \$ (AB) PRIME CIRCUIT</p> <p><b>12:00PM</b> (AB) PRIME CHAIR</p> <p><b>12:00PM</b> (C) PING PONG</p> <p><b>1:00PM</b> (AB) PICKLE BALL 101</p> <p><b>1:30PM</b> (AB) PICKLEBALL SKILLS &amp; DRILLS</p> <p><b>2:00PM</b> (AB) REC OPEN PLAY PICKLEBALL</p>	<p><b>6:00AM</b> (AB) RECREATIONAL OPEN PLAY PICKLE BALL</p> <p><b>10:00AM</b> \$ (AB) YOGA ON THE WALL</p> <p><b>11:00AM</b> \$ (AB) LINE DANCE 2</p> <p><b>12:00PM</b> \$ (AB) LINE DANCE 1</p>

JOIN US TODAY FOR:



**Balance Workshop**

Thursday, 9/29/22  
1:00 PM  
Ex. Rm AB

# Mt. Pleasant Senior Center