

CALENDAR HOUSE ACTIVITIES & CLASSES SCHEDULE (2018)

CLASS & INSTRUCTOR	DAY - BEGINNING	TIME	LOCATION
Stained Glass (<i>informal group</i>)	Monday - ongoing	10:30-12:30	Craft Rm
*Sit 'n Be Fit (<i>DVD</i>)	Monday - ongoing	11:00-11:30	Fitness Rm
Advanced /Intermediate Poetry	Tuesday—Sept 25	10:00-12:00	Room 2
Gentle Flow Yoga	Tuesday—Sept 4	10:30–11:30	Fitness Rm
Advanced/Intermediate Painting	Tuesday— Sept 25	12:30-2:30	Room 2
Intermediate Drawing	Tuesday—Sept 25	2:30-4:30	Room 2
*Sit 'n Be Fit (<i>DVD</i>)	Tuesday - ongoing	11:00-11:30	Fitness Rm
Pickleball	Tuesday—ongoing	1:00-3:00	Main Hall Left
*Strength Training (<i>Ellen DeLong</i>)	Tuesday - ongoing	2:30-3:30	Fitness Rm
*Strength Training (<i>Ellen DeLong</i>)	Tuesday - ongoing	3:30-4:30	Fitness Rm
*Gentle Supported Yoga <i>Pat Develskis</i> (self-pay)	Wednesday - see Pat	9:00-10:00	Fitness Rm
*Dancercise (<i>Terry Fitzgerald</i>)	Wednesday - ongoing	9:30-10:30	Main Hall Left
Granny Squares (<i>informal group</i>)	Wednesday—ongoing	10:00-12:00	Room 1A
Intermediate/Beginner Water Color Painting (<i>Carla Koch</i>)	Wednesday - Sept 26	1:00-3:00	Room 5 <i>10 weeks</i>
*ACE Aerobics (<i>Kim Krampitz</i>)	Wednesday - ongoing	3:30-4:15	Fitness Rm
T.O.P.S. (Take Off Pounds Sensibly)	Thursday - ongoing	8:30-10:30	Room 2
Quilting-all levels (<i>Karen Kebinger</i>)	Thursday - Sept 27	10:00-12:00	Room 1B <i>10 weeks</i>
Adult Coloring Group	Thursday—ongoing	1:30-3:30	Room
Beginning –Advanced Drawing	Thursday—Sept 27	10:00-12:00	Room 2
*Sit 'n Be Fit (<i>DVD</i>)	Thursday - ongoing	11:15-11:45	Fitness Rm
Pickleball	Thursday—ongoing	1:00-3:00	Main Hall Left
*Strength Training (<i>Leann Kroll</i>)	Thursday - ongoing	2:30-3:30	Fitness Rm
*Strength Training (<i>Leann Kroll</i>)	Thursday - ongoing	2:30-3:30	Fitness Rm
*ACE Aerobics (<i>Ellen DeLong</i>)	Friday - Sept 28	9:00-9:45	Fitness Rm
*Gentle Supported Yoga— <i>Pat Develskis</i> (self-pay)	Friday - see Pat	9:00-10:00	Fitness Rm
BINGO	Friday—ongoing	1:00-3:00	Main Hall

** Classes run ten (10) weeks unless indicated by “*Ongoing*”