

# Winthrop Senior Center Regular Monthly Schedule

## Mondays

Exercise Class.....	9:30am
Art Class with Dawn.....	10:00am
Options Counseling with Jessica (3rd Monday).....	10:00am
Senior Lunch Program.....	12:00pm
Bingo.....	1:00pm
Spanish Class with Yolanda .....	2:00pm-3:45pm
Zumba Toning with Barbara .....	6:15pm

## Tuesdays

Tai Chi with Cindy.....	9:30am
Blood Pressures with Deanna (1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays).....	10:00am-11:00am
Sewing Class/Crochet and Knitting .....	10:00am
Arts & Crafts .....	10:00am
SHINE Counselor (4 <sup>th</sup> Tuesday).....	10:00am
Zumba.....	10:30am
Senior Lunch Program.....	12:00pm
Cards.....	1:00pm
Chorus Rehearsal .....	1:00pm
Free Hearing Screenings (4 <sup>th</sup> Tuesday).....	1:00pm-3:00pm

# Winthrop Senior Center Regular Monthly Schedule

## Wednesdays

Exercise Class.....	9:30am
Vision Impaired Group Meeting (3 <sup>rd</sup> Wednesday).....	10:00am
Caregiver Support Group (2 <sup>nd</sup> Wednesday).....	10:00am
Hearing Support Group (1 <sup>st</sup> Wednesday) .....	10:00am
Yoga for Arthritis with Paul.....	10:30am
Tap Dance Class with Tracy ( <b>at Methodist Church</b> ) .....	10:30am
Senior Lunch Program .....	12:00pm
Movie (2 <sup>nd</sup> Wednesday) .....	1:00pm
SHINE Counselor (1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays).....	1:00pm-3:00pm
Italian Class with Michael.....	1:15pm

## Thursdays

COA Meeting (2 <sup>nd</sup> Thursday).....	10:30am
Red Hatters Meeting (1 <sup>st</sup> Thursday).....	10:30am
Zumba with Barbara .....	10:45am
Senior Lunch Program .....	12:00pm
Bingo .....	1:00pm

# Winthrop Senior Center Regular Monthly Schedule

## Fridays

Exercise Class.....	9:30am
Spanish Class with Yolanda .....	10:00am-12:00pm
Ceramics with Gerry.....	10:00am-12:00pm
Line Dance Class with Cindy .....	10:30am
Cards and Cribbage .....	11:30am
Senior Lunch Program.....	12:00pm
Chair Yoga with Val.....	1:15pm

## Saturdays

Zumba with Cindy.....	10:30am
-----------------------	---------