

Senior Passport Program

	ACTIVE AGING	SOCIAL OPPORTUNITIES	CONTINUING EDUCATION
Monday	Chair Fitness 9:00 am Aqua Lite 9:30 am Aqua Dynamic 10:30 am	Monday Movies 12:00 pm	Knitting for Beginners 11:00 am
Tuesday	Pickle Ball 9:00 am Aqua Lite 9:30 am Aqua Dynamic 10:30 am Senior Strength & Sculpt 11:00 am	Coffee Cake & Crafts 11:30 am	Widos and Widowers Support Group 1:00 pm
Wednesday	Wellness Wednesday (Fitness center) 9:00 am Aqua Lite 9:30 am Aqua Dynamic 10:30 am	Wednesday Socials 10:00 am Wii Wednesdays 12:30 pm	Book Club 1:00 pm
Thursday	Table Tennis 9:00 am Aqua Lite 9:30 am Aqua Dynamic 10:30 am	Bingo 11:00 am Line Dancing 1:00 pm	Lectures by Home Instead 11:30 am
Friday	Yoga for Everyone 10:45 am	Scrapbooking 9:30 am Card/Board Game 1:00 pm	Basic Computer Skills and Internet Safety 11:00 am

SPECIALIZED TOPICS

PROGRAM	DATE	TIME
Digital Camera 101	Fri. March 25 th	11 am-12 pm
Day Spa Day at the Community Center	Tues. April 5 th	10 am-1 pm
Driver Safety for Seniors	Thurs. April 21 st	9 am-11:30 am
Cell Phones 101	Tues. May 21 st	10 am-11:00 am
Seniors Potluck Dinner	Every 3 rd Friday of the month	4:30 pm-6: 30 pm
Seniors Advisory Committee	Every 3 rd Tuesday of the month	12:30 pm-1: 30 pm

