## Senior Center at Northwood

## September 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 1 | 2<br>07:00a Holiday--Center Closed | 3<br>07:00a Open Swim Time<br>07:00a Pickleball Open Play<br>09:00a Aqua Fit<br>09:30a Veterans Club<br>10:00a Chair Yoga<br>10:15a Water Arthritis<br>10:30a Rummikub<br>11:00a Balance w/ Veronica<br>11:30a Open Swim Time<br>12:00p Crocheting Knitting and Stitch<br>12:00p Fit for Active Adults<br>01:30p Euchre<br>03:30p Canasta | 4<br>07:00a Open Swim Time<br>09:00a Zumba<br>10:00a Cardio Strength Fusion<br>10:00a Pickleball Open Play<br>10:00a Water Aerobics<br>11:15a Revo Rhythm<br>11:30a Open Swim Time<br>12:00p Gym Orientation<br>01:00p Cribbage<br>02:00p Find Your Zen Coloring<br>02:00p Scrabble<br>03:00p Yoga | 5<br>07:00a Open Swim Time<br>07:00a Pickleball Open Play<br>09:00a Aqua Fit<br>10:00a Core Conditioning w/ Veronica<br>10:30a Open Swim Time<br>11:00a Balance w/ Veronica<br>12:00p Fit for Active Adults<br>12:00p Mah Jongg<br>05:45p Zumba with Victoria | 6<br>07:00a Open Swim Time<br>07:00a Pickleball Open Play<br>08:00a Revo Total Fit<br>09:00a Water Aerobics<br>09:30a Bridge<br>10:00a Yoga<br>11:00a Open Art Studio<br>11:00a Tai Chi<br>11:30a Open Swim Time | 7 |
| 8 | 9<br>07:00a Open Swim Time<br>07:00a Pickleball Open Play<br>08:00a Revo Total Fit<br>09:00a Zumba<br>10:00a Aqua Sunrisers<br>10:00a Chair Yoga<br>11:00a Open Swim Time<br>11:30a Bokken/Power Strike | 10<br>07:00a Open Swim Time<br>07:00a Pickleball Open Play<br>09:00a Aqua Fit<br>09:30a Veterans Club<br>10:00a Chair Yoga<br>10:15a Water Arthritis<br>10:30a Rummikub<br>11:00a Balance w/ Veronica | 11<br>07:00a Open Swim Time<br>09:00a Zumba<br>10:00a Cardio Strength Fusion<br>10:00a Pickleball Open Play<br>10:00a Water Aerobics<br>11:15a Revo Rhythm<br>11:30a Open Swim Time | 12<br>07:00a Open Swim Time<br>07:00a Pickleball Open Play<br>09:00a Aqua Fit<br>10:00a Core Conditioning w/ Veronica<br>10:30a Open Swim Time<br>11:00a Balance w/ Veronica | 13<br>07:00a Open Swim Time<br>07:00a Pickleball Open Play<br>08:00a Revo Total Fit<br>09:00a Water Aerobics<br>09:30a Bridge<br>10:00a Yoga<br>11:00a Open Art Studio<br>11:00a Tai Chi | 14 |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **8** | **9**<br>12:00p Phase 10<br>01:00p Dominoes<br>01:30p Pinochle<br>06:00p Tai Chi | **10**<br>11:30a Open Swim Time<br>12:00p Crocheting Knitting and Stitch<br>12:00p Fit for Active Adults<br>01:30p Euchre<br>03:30p Canasta | **11**<br>01:00p Cribbage<br>01:00p MUSC Health Talks<br>02:00p Find Your Zen Coloring<br>02:00p Scrabble<br>03:00p Yoga | **12**<br>12:00p Fit for Active Adults<br>12:00p Mah Jongg<br>02:00p Alzheimers: The Epidemic of the 21st Century<br>05:45p Zumba with Victoria | **13**<br>11:30a Open Swim Time | **14** |
| **15** | **16**<br>07:00a Open Swim Time<br>07:00a Pickleball Open Play<br>08:00a Revo Total Fit<br>09:00a Zumba<br>10:00a Aqua Sunrisers<br>10:00a Chair Yoga<br>11:00a Open Swim Time<br>11:30a Bokken/Power Strike<br>12:00p Phase 10<br>01:00p Dominoes<br>01:30p Pinochle<br>06:00p Tai Chi | **17**<br>07:00a Open Swim Time<br>07:00a Pickleball Open Play<br>09:00a Aqua Fit<br>09:30a Veterans Club<br>10:15a Water Arthritis<br>10:30a Rummikub<br>11:00a Balance w/ Veronica<br>11:30a Open Swim Time<br>12:00p Crocheting Knitting and Stitch<br>12:00p Fit for Active Adults<br>01:00p Upcoming Medicare Annual Election Period<br>01:30p Euchre<br>03:30p Canasta | **18**<br>07:00a Open Swim Time<br>09:00a Zumba<br>10:00a Cardio Strength Fusion<br>10:00a Pickleball Open Play<br>10:00a Water Aerobics<br>10:30a Stars and Stripes Bowling<br>11:15a Revo Rhythm<br>11:30a Open Swim Time<br>12:00p Gym Orientation<br>01:00p Cribbage<br>01:00p Real Estate with Pam Furst<br>02:00p Find Your Zen Coloring<br>02:00p Scrabble<br>03:00p Yoga | **19**<br>07:00a Open Swim Time<br>07:00a Pickleball Open Play<br>09:00a Aqua Fit<br>10:00a Core Conditioning w/ Veronica<br>10:30a Open Swim Time<br>11:00a Balance w/ Veronica<br>12:00p Fit for Active Adults<br>12:00p Mah Jongg<br>01:00p Cezannes Apples Art Class<br>05:45p Zumba with Victoria | **20**<br>07:00a Open Swim Time<br>07:00a Pickleball Open Play<br>08:00a Revo Total Fit<br>09:00a Water Aerobics<br>09:30a Bridge<br>10:00a Yoga<br>11:00a Lunch on the Town<br>11:00a Open Art Studio<br>11:00a Tai Chi<br>11:30a Open Swim Time | **21** |
| **22** | **23** | **24** | **25** | **26** | **27** | **28** |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **22** | **23**<br>07:00a Open Swim Time<br>07:00a Pickleball Open Play<br>08:00a Revo Total Fit<br>09:00a Zumba<br>10:00a Aqua Sunrisers<br>10:00a Chair Yoga<br>11:00a Open Swim Time<br>11:30a Bokken/Power Strike<br>12:00p Phase 10<br>01:00p Dominoes<br>01:30p Pinochle<br>06:00p Tai Chi | **24**<br>07:00a Open Swim Time<br>07:00a Pickleball Open Play<br>09:00a Aqua Fit<br>09:30a Veterans Club<br>10:00a Chair Yoga<br>10:15a Water Arthritis<br>10:30a Rummikub<br>11:00a Balance w/ Veronica<br>11:30a Open Swim Time<br>12:00p Crocheting Knitting and Stitch<br>12:00p Fit for Active Adults<br>01:00p Ambassa Care<br>01:30p Euchre<br>03:30p Canasta<br>05:30p Trivia Night | **25**<br>07:00a Open Swim Time<br>09:00a Zumba<br>10:00a Cardio Strength Fusion<br>10:00a Pickleball Open Play<br>10:00a Water Aerobics<br>11:15a Revo Rhythm<br>11:30a Open Swim Time<br>01:00p Cribbage<br>01:00p Learn Basic Drawing<br>02:00p Find Your Zen Coloring<br>02:00p Scrabble<br>03:00p Yoga | **26**<br>07:00a Open Swim Time<br>07:00a Pickleball Open Play<br>09:00a Aqua Fit<br>10:00a Core Conditioning w/ Veronica<br>10:30a Open Swim Time<br>11:00a Balance w/ Veronica<br>12:00p Fit for Active Adults<br>12:00p Mah Jongg<br>01:00p Beginners Acrylic Workshop<br>05:45p Zumba with Victoria | **27**<br>07:00a Open Swim Time<br>07:00a Pickleball Open Play<br>08:00a Revo Total Fit<br>09:00a Coffee with NCPD<br>09:00a Water Aerobics<br>09:30a Bridge<br>10:00a Yoga<br>11:00a Open Art Studio<br>11:00a Tai Chi<br>11:30a Open Swim Time<br>12:00p Birthday Celebration<br>12:30p Bingo | **28** |
| **29** | **30**<br>07:00a Open Swim Time<br>07:00a Pickleball Open Play<br>08:00a Revo Total Fit<br>09:00a Zumba<br>10:00a Aqua Sunrisers<br>10:00a Chair Yoga<br>11:00a Open Swim Time | | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 29 | 30<br>11:30a Bokken/Power Strike<br>12:00p Phase 10<br>01:00p Dominoes<br>01:00p Hearing Loss or Just Wax?<br>01:30p Pinochle<br>02:00p Movie Matinee<br>06:00p Tai Chi | | | | | |