

Garner Senior Center Ongoing Programs

For class descriptions or more information call the Senior Center at 919.779.0122.

“Senior Fitness Pass”: January 1-December 31, 2016 **Resident:** \$20 **Non-Resident:** \$35

July 1-December 31, 2016 **Resident:** \$10 **Non-Resident:** \$18

Programs included in the “Senior Fitness Pass” are marked below with “◆”. Please inquire at the front desk for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Indoor Walking 9:00 Tennis (<i>Off site</i>) 9:00 Intro to Pickleball ◆ 9:30 Chair Fitness (<i>video</i>) 10:00 On the Mend 10:30 Beg Line Dance ◆ 12:00 Turtle Walking 12:00 Bowling (<i>Off site</i>) 12:30 Pinochle 1:00 Table Tennis-non competitive ◆ 1:00 Scrabble 2:00 Indoor Walking 4:30 Senior Yoga (Bring a mat) ◆ 5:30 TOPS Weight In 6:00 TOPS Meeting	8:00 Indoor Walking TBA Fun Golfers (<i>Off site</i>) 9:30 Senior Fitness ◆ 9:30 Color Me Calm 10:00 On the Mend 11:00 Line Dancing ◆ 12:30 Bridge 12:30 Card Games 12:30 Indoor Walking 1:00 Chess Lessons 1:00 Trivia (2nd Tuesday) 1:30 Pickleball - competitive◆ 3:30 Pickleball-noncompetitive ◆	8:00 Indoor Walking 9:00 Table Tennis-doubles-non competitive ◆ 9:00 Table Games 9:30 Chair Fitness (<i>video</i>) 10:00 Blood Pressure Check (2nd & 4th Wed) 11:00 Intro Line Dancing ◆ 12:00 Turtle Walking 12:00 Woodcarving 12:15 Chorus 1:00 Circuit ◆ 1:00 Dominoes 1:30 Canasta 1:30 Bingo 2:30 Indoor Walking 3:30 Basketball ◆ 5:45 Senior Fitness (bring a mat) ◆	8:00 Indoor Walking 9:00 Tennis (<i>Off site</i>) 9:30 Senior Fitness ◆ 10:45 Stability Ball (bring a mat) ◆ 12:00 Bowling (<i>Off site</i>) 12:00 Beg Bridge Lessons 12:30 Card & Board Games 1:00 Indoor Walking 1:30 Int. Bridge Lessons 1:00 Movie Matinee (1st Thur.) 1:00 Bridge Lessons 4:30-5:00 Line Dance Workshop (3rd Thurs)-Check monthly newsletter for dates ◆ 5:00 Beginner Line Dancing ◆ 5:00-8:00 Games & Cards 5:00 Open Art Studio	8:00 Indoor Walking 9:30 Chair Fitness (<i>video</i>) 9:30 Table Tennis-competitive ◆ 10:00 Needlework 10:00 Meditation 10:00 Painting with Acrylics 10:30 Pickleball-noncompetitive ◆ 11:45 Stretch & Flex ◆ 12:30 Wii 12:30 Bridge 12:45 Beg Table Tennis ◆ 1:00 Hand & Foot (cards) 1:30 Pickleball -competitive ◆ 1:45 TOPS Weigh In 2:00 TOPS Meeting <div style="text-align: right;">Center Closes at 5pm</div>

“Senior Fitness Pass” does not include access to the fitness room.