

# ACTIVITY ROSTER – ALL FITNESS CLASSES REQUIRE A PUNCH CARD



ACTIVITY	TIME & DAYS	COST
Bingo	Wednesdays & Sundays 1:00 pm	50¢ Card / \$1.50 Paper Booklet
Book Club	3rd Tuesday of the Month 10:00 am	Free
Breakfast	Monthly 1st Wednesday 9:00 am (see calendar)	\$3
Chess	Wednesday 1:00 – 5:00 pm	Free
COA Meeting	Bi-monthly 2nd Tuesday 10:00 am	Free / Public Welcome
Cribbage	Monday 9:30 am – 12:00 pm	Free
Exercise Equipment	During Regular Business Hours	Free
Personal Trainers	Monday through Friday 8:00 am – 1:00 pm	Free
Fall Prevention Exercise Classes	Wednesday 10:15 – 11:00 am	Free
Gift Shop	Monday through Friday 10:00 am – 2:00 pm	Reasonable Prices
Hairdresser/Barber	Friday by Appointment 9:00 am – 12:00 pm	Price Chart Available
Healthy Living Luncheon	Monthly 12:30 pm (see calendar)	\$5.00 / Refundable
Internet Access	During Regular Business Hours	Free
Knitting/Sewing	Thursday 9:00 – 11:00 am	Free
Line Dancing	Thursday 10:30 – 11:30 am	\$3 (seniors) \$7 (under 60)
Mah Jongg	Tuesday 1:00 pm	Free
Meals on Wheels (Congregate Meals)	Monday – Thursday (see calendar for menu) 11:45 am -12:30 pm Call Denise 508-478-8102	\$3 donation
Meals on Wheels (Home Delivery)	Call Tri-Valley 1-800-286-6640	\$3 donation
Men's Group	Last Thursday monthly 10:00 am – 12:00 pm (see calendar)	Free
Movie	Last Friday/Month (see calendar) / Movie time 12:30 pm	Free / Bring Your Own Lunch
Muscle Conditioning	Wednesday 11:15 am – 12:15 pm	\$3 (seniors) \$7 (under 60)
Notary Public	Call for an appointment	Free
Outreach Services	Monday & Wednesday 8:30 am – 4:00 pm Friday 8:30 am – 1:30 pm	Free
Red Hat Society	2nd Tuesday Monthly 12:00 pm	Free
Safe Exercise	Monday & Thursday 1:15 – 2:15 pm	\$3 (seniors) \$7 (under 60)
S.H.I.N.E. (Health Insurance Information)	Monday through Friday (During Regular Center Hours)	Free (by Appointment)
Strength & Stretch	Tuesday, 9:30 – 10:15 am	\$3 (seniors) \$7 (under 60)
Tap Dance	Monday & Friday 9:15 – 10:15 am	\$3 (seniors) \$7 (under 60)
Tap Dance (Beginner)	Monday & Friday 8:30 – 9:15 am (2x / month, see calendar)	\$3 (seniors) \$7 (under 60)
Tap Dance (Advanced)	Monday & Friday 8:15 – 9:15 am (2x / month, see calendar)	\$3 (seniors) \$7 (under 60)
Turkey Foot Dominoes	Tuesday 12:30 pm	Free
Walking Club (MSC Walkers)	Monday through Friday 8:00 am	Free
Watercolor Art Class	Wednesday 10:00 am – 12:00 pm	\$10 per class
Wellness Center (Nurse on Site)	Wednesday & Thursday 9:00 am – 12:00 pm	Free
Whist	Tuesday 11:00 am – 1:00 pm	Free
Yoga	Thursday 9:00 – 10:00 am	\$3 (seniors) \$7 (under 60)
Zumba Gold®	Monday, Tuesday & Friday 10:30 – 11:30 am	\$3 (seniors) \$7 (under 60)
Zumba Gold Toning®	Wednesday 9:00 – 10:00 am	\$3 (seniors) \$7 (under 60)