



TECUMSEH SITE - 13731 ST GREGORY'S RD OCTOBER 2024 - APRIL 2025 - WEEKLY SCHEDULE

\$25 programming fee per year - access any of our activities as often as you would like!

Monday

LITE FITNESS
11:00 AM
MINDFULNESS
12:00 PM
SCRABBLE/BOARD GAMES
1:00 PM
PEPPER
1:00 PM
CHAIR DANCE/FITNESS
2:30 PM

Tuesday

ZUMBA/DANCE FITNESS
11:30 AM
POUND FITNESS
12:30 PM
SMOOTH MOVES/ STRETCH
1:00 PM
EUCHRE
1:00 PM
CREATIVE SPACES
1:30 PM

Wednesday

GENTLE YOGA
11:00 AM
STRENGTH TRAINING
12:30 PM
FREE ART
2:00 PM
TECHNOLOGY & ME
2:30 PM
BRAIN GAMES & ACTIVITIES
2:30 PM

Thursday

CHAIR YOGA
11:30 AM
DRUM FIT
12:30 PM
PEPPER
1:00 PM
TRIVIA
1:30 PM
SCRAPBOOKING
1:30 PM

**55 + PROGRAMMING
CALL US FOR MORE
INFO**

**PROGRAMMING FEE
WILL BEGIN IN 2025**

Friday

INTERMEDIATE FITNESS
11:00 AM
BALANCE IMPROVEMENT
12:00 PM
COFFEE & CROCHET/KNITTING
1:00 PM
**WELLNESS CORNER
(THIRD OF THE MONTH)**
1:00 PM
CRIBBAGE
1:00 PM