



# DAILY CLASSES

Sept 9 - Sept 12 (424) 407-4023

Wallis Annenberg  
GenSpace

Horticultural Therapy

Technology + Devices

Social Connection + Storytelling

Financial Security + Safety

Arts, Crafts, + Culture

Fitness/Wellness on Page 2

## Monday

## Tuesday

## Wednesday

## Thursday

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

**GreenSpace**  
10:30am - 11:30am  
HT Space

**Mixed Media**  
10:30am - 12:00pm  
Art Room

**Art Club**  
12:00pm - 1:00pm  
Art Room

**Pool Party!**  
12:00pm - 2:00pm  
MPR

**Open Studio: Rock Art**   
1:15pm - 2:15pm  
Art Room

**Sing-Along**  
2:30pm - 3:30pm  
Art Room

**Drum It with MMM**  
10:30am - 11:30am  
Art Room

**Chess!**  
11:30am - 2:00pm  
Tech Bar

**Crochet 101**  
12:15pm - 1:45pm  
Art Room

**Intro to Comedy**  
2:00pm - 3:00pm  
Art Room

**Creating with Clay**  
3:00pm - 4:00pm  
Art Room

**Knitting 101**  
10:15am - 11:45am  
Art Room

**GenSpace Conversations**  
12:00pm - 1:00pm  
Art Room

**Art Studio (Drawing)**  
1:15pm - 2:30pm  
Art Room

**Art Studio (Painting)**  
2:30pm - 4:00pm  
Art Room

**Tech Help**  
11:30am - 12:30pm  
Tech Bar

**GreenSpace**  
10:30am - 11:30am  
HT Space

**GenSpace Voices**  
11:30am - 12:30pm  
Art Room

**Poetry 101 Pop-Up**   
12:45pm - 2:00pm  
Art Room

**Painter's Palette**  
2:30pm - 3:45pm  
Art Room



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GenSpace

### Health, Fitness, + Wellness Schedule

	Monday	Tuesday	Wednesday	Thursday
10:00am	<b>Relaxing Meditation</b> 10:30am - 11:30am Fitness Room	<b>Dance Aerobics</b> 10:15am - 11:15am Fitness Room	<b>Breathe 101</b> 10:30am - 11:00am Fitness Room	
11:00am				<b>Chair Strength + Tone</b> 10:30am - 11:30am Fitness Room
12:00pm	<b>Restorative Stretching</b> 11:45am - 12:45pm Fitness Room	<b>Dance Aerobics</b> 11:30am - 12:30pm Fitness Room	<b>Strength + Tone</b> 11:30am - 12:30pm Fitness Room	<b>Tranquil Chairs</b> 11:40am - 12:40pm Fitness Room
1:00pm	<b>Movement Fusion</b> 12:50pm - 1:35pm Fitness Room	<b>Barre Sculpt</b> 12:45pm - 1:45pm Fitness Room	<b>Long Gentle Movement</b> 12:45pm - 1:45pm Fitness Room	<b>Resistance Band Training</b> 12:45pm - 1:45pm Fitness Room
2:00pm	<b>Harmony in Motion</b> 1:45pm - 2:45pm Fitness Room	<b>Seated Strength and Mobility</b> 1:50pm - 2:50pm Fitness Room	<b>Tai Chi</b> 1:50pm - 2:50pm Fitness Room	<b>Latin Dance</b> 1:50pm - 2:45pm Fitness Room
3:00pm	<b>Latin Dance</b> 3:00pm - 4:00pm Fitness Room	<b>Belly Dancing</b> 3:00pm - 4:00pm Fitness Room	<b>Dance it Out!</b> 3:00pm - 4:00pm Fitness Room	<b>Upper Body Burn</b> 3:00pm - 4:00pm Fitness Room
4:00pm				