

Wallis Annenberg GenSpace Horticultural Therapy
Financial Security + Safety

Tuosday

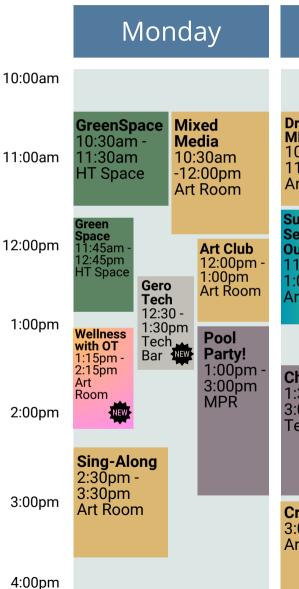
Thursday

Technology + Devices
Social Connection + Storytelling
Fitness/Wellness on Page 2

Thursday

Thursday

Thursday



Tuesday **Drum It with MMM** 10:30am -**Tech** 11:30am Help Art Room 11:00am - 12:00pm Tech Bar Sustainability **Series: Love Our Earth** 11:45am -Crochet 101 1:00pm 12:15pm -Art Room 1:45pm HT Space Chess! 1:30pm -3:00pm Intro to Tech Bar Comedy 2:00pm -3:00pm Art Room **Creating with Clay** 3:00pm - 4:00pm Art Room

Wednesday GeroTech 10:00am -**Knitting 101** 11:00am 10:15am Tech Bar -11:45am HT Space **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

Thursday





Health, Fitness, + Wellness Schedule

| | Monday | Tuesday | Wednesday | Thursday |
|--------------------|---|--|--|---------------------------------------|
| 10:00am 11:00am | Relaxing Meditation 10:30am - 11:30am Fitness Room | Dance Aerobics 10:15am - 11:15am Fitness Room | Dance It Out! 10:15am - 11:15am Fitness Room | GENSPACE WILL BE CLOSED ON DECEMBER 5 |
| 12:00pm | Restorative Stretching 11:45am - 12:45pm Fitness Room | Dance Aerobics 11:30am - 12:30pm Fitness Room | Strength + Tone 11:30am - 12:30pm Fitness Room | |
| 1:00pm | Movement Fusion 12:50pm - 1:35pm Fitness Room | Barre Sculpt 12:45pm - 1:45pm Fitness Room | Long Gentle Movement 12:45pm - 1:45pm Fitness Room | |
| 2:00pm | Harmony in Motion 1:45pm - 2:45pm Fitness Room | Seated Strength and Mobility 1:50pm - 2:50pm Fitness Room | Tai Chi 1:50pm - 2:50pm Fitness Room | |
| 3:00pm 4:00pm | Latin Dance 3:00pm - 4:00pm Fitness Room | Belly Dancing 3:00pm - 4:00pm Fitness Room | Zumba 3:00pm - 4:00pm Fitness Room | |