

OCTOBER

[illegible]

SATURDAY, OCT. 10		MONDAY, OCT. 12		TUESDAY, OCT. 13		WEDNESDAY, OCT. 14	
10-10:45	LaBlast Dance	9-9:45	Total Conditioning	9– 1:30	Piano Lessons	9-9:30	Body Blast
11-11:45	Standing Strength and Balance	10-12	English 1	9-9:45	Strength Training	9:30-11:30	Watercolor Beg.
		10-12	English 4 (V)	9:30-2	Watercolor Int. (V)	10-12	Protecting Your Home
		10-12	Managing Your Files	10-12	Crescent Wreath	10-12	English 1
		10-10:50	Easy Zumba	10-12	Android Basics	10-12	English 4 (V)
		11-12	Chair Exercise	10-10:50	Forever Fit	10-12	Android Basics
		12:15-1:05	Total Body Sculpt	11-12	Aerobic Workout	10-11	Yoga for You
		12:30-2	Improv Positivity	11-11:45	Kickboxing	10-10:50	Easy Zumba
		1-3	AI ChatGPT	1-3	Bridge Inter.	11-11:30	Stretch & Energize
		1-2	Stress Reduction/ Meditation	1-3	AI ChatGPT	11:15-12:05	Line Dancing
		1-2	Table Tennis Beg I	1-2	Arthritis Foundation (V)	12-2	Watercolor Adv.
		1:15-2	Balance Matters	1-2	Brain Games (V)	12:15-1:05	Total Body Fit
		2-3:30	Spanish Basics (V)	1-2	Villages 101	1-2	Living Longer, Better
		2:15-3	Stretching and Flexibility Coach	1-2	Science Tuesdays	1-2	Table Tennis Beg II
				1:15-2:15	Cardio Motion	1:15-2	Balance Challenge
				1:15-2	Beginner Pilates	2-3:30	Spanish Basics (V)
				1:30-2:25	Handbells #1		
				2-3:30	Spanish Cont. (V)		
				2:30-3:25	Handbells #2		
				2:30-3:15	Cardio Drumming		
THURSDAY, OCT. 15		FRIDAY, OCT. 16		SATURDAY, OCT. 17		MONDAY, OCT. 19	
9-12	Practice Lab	9-9:45	Total Conditioning	10-10:45	LaBlast Dance	9-9:45	Total Conditioning
9-9:45	Strength Training	10-12	Bridge Beg I	11-11:45	Standing Strength and Balance	10-12	English 1
10-12	English 2&3 (V)	10-11	Yoga for You			10-12	English 4 (V)
10-10:50	Forever Fit	11-12	Managing Stress (V)			10-11:30	Taste of Diwali
10:30-12	Japanese Culture	11:15-12	Easy Feet			10-10:50	Easy Zumba
11-12	Aerobic Workout	11:15-12	Bilingual Yoga with a Chair			10:30-11:30	1989 Movies Based on Real People (V)
11-12	Grupo de Apoyo Hispano	12:15-1:15	Arthritis Foundation			11-12	Chair Exercise
11:15-12	Chair Yoga	1-2	Table Tennis Inter.			12:15-1:05	Total Body Sculpt
12:05-12:50	Strength and Stability (V)	1:30-2:15	Zumba Gold			12:30-2	Improv Positivity
12:45-1:45	Tai Chi Level 1	2:30-3	30-Minute Stretch and Unwind			1-2	Stress Reduction/ Meditation
1-2	Positive Aging (V)					1-2	Table Tennis Beg I
1-2	Arthritis Foundation (V)					1:15-2	Balance Matters
1:30-3:30	Mahjong					2-3:30	Spanish Basics (V)
1:30-2:30	Better Breather’s					2:15 -3	Stretching and Flexibility
2-3:30	Spanish Continuing (V)						
2-3	Tai Chi Level 2						
TUESDAY, OCT. 20		WEDNESDAY, OCT. 21		THURSDAY, OCT. 22		FRIDAY, OCT. 23	
9–1:30	Piano Lessons	9-9:30	Body Blast	9-12	Practice Lab	9-9:45	Total Conditioning
9-9:45	Strength Training	9:30-11:30	Watercolor Beg.	9-9:45	Strength Training	9:30-12:30	Fall Flu Clinic
9:30-2	Watercolor Int.	10-1:30	Drop In Duplicate Bridge	9:30-10:45	Book Club (V)	10-12	Bridge-Beginner I
10-12	Using Quick Keys	10-12	English 1	10-12	English 2&3 (V)	10-11:30	Pumpkin Science
10-12	English 2&3 (V)	10-12	English 4 (V)	10-11:30	Ten Things About Loneliness	10-11	Yoga for You
10-10:50	Forever Fit	10-12	Using Quick Keys	10-10:50	Forever Fit	11:15-12	Easy Feet
10:30-12	Painting w. Cathy	10-10:50	Easy Zumba	10:30-12	Japanese Culture	11:15–12	Bilingual Yoga with a Chair
11-12	Aerobic Workout	11-11:30	Stretch & Energize	11-12	Aerobic Workout	12:15-1:15	Arthritis Foundation
11–11:45	Kickboxing	12-2	Watercolor Adv.	11-12	Grupo de Apoyo Hispano	1-3	In Person Movie
12-1	Memory Cafe	12:15-1:05	Total Body Fit	11:15-12	Chair Yoga	1-2	Table Tennis Inter.
12:15-12:45	Fitness Workshop	1-3	Finding PC Malware	12:05-12:50	Strength and Stability (V)	1:30-2:15	Zumba Gold
12:15-12:45	Lunchbox Yoga	1-2	Living Longer, Better	12:45-1:45	Tai Chi Level 1	2:30-3	30-Minute Stretch and Unwind
1-3	Bridge Inter.	1-2	Table Tennis Beg II	1-2	Chronic Pain (V)		
1-2	Engaging Conversations (V)	1:15- 2	Balance Challenge	1-2	Flower Arranging		
1-2	Arthritis (V)			1-2	Arthritis Foundation (V)		
1:15-2:15	Cardio Motion			1:30-3:30	Mahjong		
1:15-2	Beginner Pilates			2-3	Tai Chi Level 2		
1:30-2:25	Handbells #1						
2:30-3:25	Handbells #2						
2:30-3:15	Cardio Drumming						

SATURDAY, OCT. 24		MONDAY, OCT. 26		TUESDAY, OCT. 27		WEDNESDAY, OCT. 28	
10-10:45	LaBlast Dance Fitness	9-9:45	Total Conditioning	9-1:30	Piano Lessons	9-9:30	Body Blast
11-11:45	Standing Strength and Balance	10-12	English 1	9-9:45	Strength Training	9:30-11:30	Watercolor Beg.
		10-12	English 4 (V)	9:30-2	Watercolor Int. (V)	10-12	English 1
		10-12	iPad Basics	10-12	iPad Basics	10-12	English 4 (V)
		10-10:50	Easy Zumba	10-12	English 2&3 (V)	10-12	Zoom Help
		10:30-11:30	Montgomery County Schools Named For Famous People (V)	10-11	Storytelling with Erin (V)	10-11:30	Wise Wanderers
		11-12	Chair Exercise	10-10:50	Forever Fit	10-11	Yoga for You
		12:15-1:05	Total Body Sculpt	11-12	Aerobic Workout	10-10:50	Easy Zumba
		1-2	Dual Sports Stars (V)	11-11:45	Kickboxing	11-11:30	Stretch & Energize
		1-2	Stress Reduction/ Meditation	12:15-12:45	Fitness Workshop Female Pelvic Floor Health	11:15-12:05	Line Dancing
		1-2	Table Tennis Beg. I	12:15-12:45	Lunchbox Yoga	12-2	Watercolor Adv.
		1:15-2	Balance Matters	1-3	Bridge Inter.	12:15-1:05	Total Body Fit
		2:15-3	Stretching and Flexibility Coach	1-2	Brain Games (V)	1-2	Table Tennis Beg. II
				1-2	Arthritis Foundation (V)	1:15-2	Balance Challenge
		1:15-2:15	Cardio Motion				
		1:15-2	Beginner Pilates				
		1:30-2:25	Handbells #1				
		2:30-3:25	Handbells #2				
		2:30-3:15	Cardio Drumming				
		4:30-6	HalloWine and Cheese				
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