## Weekly Schedule - Anderson Township Senior Center Hours: 9 a.m. to 2 p.m.

|            | Monday                                    | Tuesday                                    | Wednesday   | Thursday                               | Friday                                  |
|------------|---|--|---|--|---|
| 9:30 a.m.  | Silver Sneakers<br>Cardio<br>Oil Painting | Silver Sneakers<br>Strength and<br>Balance | Woodcarvers<br>Blood Pressure<br>Check<br>Walk and Talk | Silver Sneakers<br>Yoga<br>Watercolors | Silver Sneakers<br>Cardio               |
| 10:00 a.m. | Bridge                                    |  | Euchre<br>Tone Chimes                                   | Bridge                                 |   |
| 10:30 a.m. |   | Better Balance,<br>Safer You*              | Fun and<br>Fitness*                                     |  |   |
| 11:00 a.m. |   |  |   | Better Balance,<br>Safer You*          |   |
| 11:30 p.m. | Lunch                                     | Lunch                                      | Lunch   | Lunch                                  | Lunch                                   |
| 12:00 p.m. |   | Quilters<br>Mahjong                        |   |  |   |
| 12:30 p.m. | Line Dancing*                             | Choir – Sing Along                         | Cornhole -<br>Open Play                                 | Creative Circle                        | Garden Club –<br>3 <sup>rd</sup> Friday |

<sup>\*</sup>Fee Charged