# JOSLYN AND TUTTLE ACTIVITY SCHEDULE



#### **Joslyn Center Hours**

 Mon-Thur
 8:00am-8:00pm

 Friday
 8:00am-6:00pm

 Saturday
 9:00am-1:00pm

 Sunday
 12:00pm-4:00pm

#### **Tuttle Center Hours**

Mon-Fri 9:00am-2:30pm Saturday Closed Sunday Closed

#### **Joslyn Drop-In Opportunities:**

Billiards/Pool Room\* Cyber Cafe\* Card/Game Room\*\* TV/Library Room

#### **Games include:**

- Skip Bo
- Mah Jongg
- Backgammon
- Chess
- Deck of cards

\*Closes 30 minutes prior to facility

\*\*Offered at both centers

### **BURBANK SENIOR ACTIVITY CARD (BSAC)**

#### Available at Joslyn and Tuttle Centers

Discounts on programs and classes at Joslyn and Tuttle! It also includes the indoor Drop-in Activity Membership.

**\$22** (Burbank residents)

**\$27** (Non-residents)

BSAC's are valid for one year from the date of purchase.

## **JOSLYN AND TUTTLE WEEKLY ACTIVITIES**

Classes are \$2.00 (Free with BSAC). Higher if noted with "+" (Discount with BSAC)

Sign-up/Appointment required \*\*\*All classes and times are subject to change\*\*\*

**Green = Tuttle Senior Center** 

**Blue = Joslyn Adult Center** 

MONDAY		
Kundalini Yoga with Charleen/Live-Streamed	9:00am-10:00am	
Public Speaking	9:30am-10:30am	
Fleet Feet Outdoor Walking Group	10:00am-11:00am	
Tai Chih Chih Movement (Every other Monday, call Tuttle for info)	10:00am-11:00am	
Calm Mind with Catherine	10:15am-11:00am	
Quick Fit with Dan/Live-Streamed	10:30am-11:30am	
Karaoke with Stan	12:00pm-2:00pm	
Texas Hold 'Em Class/Play	12:15pm-2:00pm	
Texas Hold 'Em	12:30pm-2:30pm	+
Chess Club	1:00pm-4:00pm	
TUESDAY		
Basic Fitness with Gigi	9:00am-10:00am	
Morning Workout Exercise Class	9:30am-10:30am	
Jewelry Making Class (Every other Tuesday, call Tuttle for info)	10:00am-11:00am	
Early Bird Bingo	10:30am-11:30am	+
Tai Chi (All Levels) with Chris and John [Outdoors]	10:00am-11:00am	
Full Body Conditioning with Charleen/Live-Streamed	10:45am-11:30am	
Pan	12:00pm-4:00pm	
Mah-Jongg	11:30am-4:00pm	
Skip Bo Card Playing/Class	12:30pm-2:00pm	
Family Feud Game (Every other Tuesday, call Tuttle for info)	12:30pm-2:00pm	
T'ai Chi Chih with Pat	2:00pm-3:00pm	
<b>Drop-in Painting</b> (Bring your own materials)	2:00pm-4:30pm	
Canasta (Modern American)	12:00pm-3:00pm	
WEDNESDAY		
Basic Fitness with Gigi	8:30am-9:30am	
Intermediate Line Dance	10:00am-11:30am	
Lite & Lively	10:15am-11:15am	+
Wednesday Bridge	10:30am-2:00pm	
Diamond Painting	12:30pm-2:00pm	
Genetics, Psychology & Forensics Discussion Group	3:00pm-5:00pm	

## **JOSLYN AND TUTTLE WEEKLY ACTIVITIES**

Classes are \$2.00 (Free with BSAC). Higher if noted with "+" (Discount with BSAC)

\*\*\*All classes and times are subject to change\*\*\*

**Green = Tuttle Senior Center** 

#### **Blue = Joslyn Adult Center**

Texas Hold 'Em	THURSDAY	
Stretching with Harry/Live-Streamed	Texas Hold 'Em	8:15am-10:30am +
Hula Dancing with Shari   9:45am-11:30am   Strength & Balance with Harry/Live-Streamed   10:00am & 2:15pm   Sign Language Class/Practice   10:30am-11:30am   11:30am-3:00pm   11:00am-3:00pm   11:00am-3:00pm   11:00am-3:00pm   11:00am-3:00pm   11:00am-3:00pm   11:00am-3:00pm   11:00am-3:00pm   11:00am-3:00pm   11:00am-3:00pm   12:00pm-2:00pm   12:00pm-2:00pm   12:00pm-2:00pm   12:00pm-2:00pm   12:00pm-2:00pm   12:00pm-3:00pm   12:00pm-3:00pm   12:00pm-3:00pm   12:00pm-3:00pm   12:00pm-3:00pm   12:00pm-3:00pm   10:00am-3:00pm   10:00am-3:00am-3:00pm   10:00am-3:00am-3:00pm   10:	<b>Drop-In Crafting</b> (Bring your own materials)	8:30am-10:30am
Strength & Balance with Harry/Live-Streamed         10:00am & 2:15pm           Sign Language Class/Practice         10:30am-11:30am           Mah Jongg         11:00am-3:00pm           Shao Chi with Harry/Live-Streamed         11:30am-12:15pm           Ukulele         12:00pm-2:00pm           Lom Knitting Class         12:00pm-2:00pm           Fun with Piano Class (at your own level)         12:35pm-1:45pm           Bingo         1:00pm-3:00pm           Chess Club         1:00pm-3:00pm           Table Games/Learn to Play Skip-Bo         1:30pm-2:00pm           Horseshoes         4:00pm-6:00pm           Ballroom Dance (Live Music)         7:00pm-9:30pm         +           FRIDAY         7:00pm-9:30pm         +           Tai Chi (All Levels) with Chris and John [Outdoors]         9:00am-10:00am         Ballet Workout with Ileana         9:00am-10:30am           Texas Hold 'Em Class/Play         9:15am-11:30am         +           Morning Workout Exercise Class         9:30am-10:30am         +           Tai Chi (Advanced) with Chris and John [Outdoors]         10:00am-11:00am         Lite & Lively (No Class on the last Friday)         10:15am-11:35am         +           Box 'n' Dance with Dan         11:30am-12:30pm         +         +           Boy Dance with Dan	Stretching with Harry/Live-Streamed	9:00am-9:30am
Sign Language Class/Practice	Hula Dancing with Shari	9:45am-11:30am
Mah Jongg	Strength & Balance with Harry/Live-Streamed	10:00am & 2:15pm
Shao Chi with Harry/Live-Streamed	Sign Language Class/Practice	10:30am-11:30am
Ukulele	Mah Jongg	11:00am-3:00pm
Loom Knitting Class   12:00pm-2:00pm   Fun with Piano Class (at your own level)   12:30pm-2:00pm   12:30pm-2:00pm   12:30pm-2:00pm   12:45pm-1:45pm   12:45pm-1:45pm   12:45pm-1:45pm   12:00pm-3:00pm   + 12:00pm-3:00pm   + 12:00pm-4:00pm   + 12:00pm-4:00pm   + 12:00pm-4:00pm   + 12:00pm-4:00pm   + 12:00pm-6:00pm   + 12:00pm	Shao Chi with Harry/Live-Streamed	11:30am-12:15pm
Fun with Piano Class (at your own level)   12:30pm-2:00pm   Indoor Chair Volleyball with Harry   12:45pm-1:45pm   12:45pm-1:45pm   12:00pm-3:00pm   1:00pm-3:00pm   1:00pm-4:00pm   1:00pm-4:00pm   1:00pm-4:00pm   1:30pm-2:00pm   1:30pm-10:00am   1:30pm-10:00am   1:30pm-10:00am   1:30pm-10:00am   1:30pm-10:30am   1:30pm-10:30am   1:30pm-10:30am   1:30pm-10:30am   1:30pm-10:30am   1:30pm-10:30am   1:30pm-10:30am   1:30pm-10:30am   1:30pm-10:30pm   1:30pm	Ukulele	12:00pm-2:00pm
Indoor Chair Volleyball with Harry   12:45pm-1:45pm   Bingo   1:00pm-3:00pm   ★   Chess Club   1:00pm-4:00pm   Table Games/Learn to Play Skip-Bo   1:30pm-2:00pm   ★   Ballroom Dance (Live Music)   7:00pm-9:30pm   ★   FRIDAY   Tai Chi (All Levels) with Chris and John [Outdoors]   9:00am-10:00am   Ballet Workout with Ileana   9:00am-10:30am   ★   Morning Workout Exercise Class   9:30am-10:30am   ★   Morning Workout Exercise Class   9:30am-10:30am   ★   Morning Workout Exercise Class   9:30am-10:30am   ★   Box 'n' Dance with Dan   11:30am-12:30pm   ★   Box 'n' Dance with Dan   11:30am-12:30pm   ★   French   12:30pm-2:00pm   ★   French   12:30pm-3:00pm   Soulful Seniors   2:00pm-4:00pm   ★   French   9:15am-12:00pm   ★   French   9:15am-12:30pm   ★   French   ¶   French   ¶	Loom Knitting Class	12:00pm-2:00pm
Bingo	Fun with Piano Class (at your own level)	12:30pm-2:00pm
Chess Club         1:00pm-4:00pm           Table Games/Learn to Play Skip-Bo         1:30pm-2:00pm           Horseshoes         4:00pm-6:00pm           Ballroom Dance (Live Music)         7:00pm-9:30pm           FRIDAY         ***           Tai Chi (All Levels) with Chris and John [Outdoors]         9:00am-10:00am           Ballet Workout with Illeana         9:00am-10:30am           Texas Hold 'Em Class/Play         9:15am-11:30am           Morning Workout Exercise Class         9:30am-10:30am           Tai Chi (Advanced) with Chris and John [Outdoors]         10:00am-11:00am           Lite & Lively (No Class on the last Friday)         10:15am-11:15am         +           Box 'n' Dance with Dan         11:30am-12:30pm         +           Bingo         12:30pm-2:00pm         +           French         12:30pm-2:30pm         +           BVP Knitting & Crocheting (Non-Instructional)         12:30pm-3:00pm         +           Soulful Seniors         2:00pm-4:00pm         +           Heartfulness Meditation         3:30pm-4:30pm         +           SATURDAY         9:15am-12:00pm         +           Texas Hold 'Em         9:15am-12:30pm         +           Drop-In Table Tennis         9:30am-12:30pm         +           <	Indoor Chair Volleyball with Harry	12:45pm-1:45pm
Chess Club         1:00pm-4:00pm           Table Games/Learn to Play Skip-Bo         1:30pm-2:00pm           Horseshoes         4:00pm-6:00pm           Ballroom Dance (Live Music)         7:00pm-9:30pm           FRIDAY         ***           Tai Chi (All Levels) with Chris and John [Outdoors]         9:00am-10:00am           Ballet Workout with Illeana         9:00am-10:30am           Texas Hold 'Em Class/Play         9:15am-11:30am           Morning Workout Exercise Class         9:30am-10:30am           Tai Chi (Advanced) with Chris and John [Outdoors]         10:00am-11:00am           Lite & Lively (No Class on the last Friday)         10:15am-11:15am         +           Box 'n' Dance with Dan         11:30am-12:30pm         +           Bingo         12:30pm-2:00pm         +           French         12:30pm-2:30pm         +           BVP Knitting & Crocheting (Non-Instructional)         12:30pm-3:00pm         +           Soulful Seniors         2:00pm-4:00pm         +           Heartfulness Meditation         3:30pm-4:30pm         +           SATURDAY         9:15am-12:00pm         +           Texas Hold 'Em         9:15am-12:30pm         +           Drop-In Table Tennis         9:30am-12:30pm         +           <	Bingo	1:00pm-3:00pm +
Horseshoes  Ballroom Dance (Live Music)  FRIDAY  Tai Chi (All Levels) with Chris and John [Outdoors]  Ballet Workout with Ileana  Texas Hold 'Em Class/Play  Box 'n' Dance with Dan  Bingo  Brench  Boy Knitting & Crocheting (Non-Instructional)  Soulful Seniors  Saturday Quilting  Line Dancing with Sue  SUNDAY  Tai Chi (Live Music)  7:00pm-9:30pm  9:00am-10:00am  9:00am-10:30am  9:00am-10:30am  10:00am-10:30am  10:00am-11:00am  10:15am-11:15am  10:15am-11:15am  10:30am-12:30pm  10:30pm-2:30pm  11:30pm-2:30pm  12:30pm-2:30pm  12:30pm-4:30pm  9:00am-10:30am  10:00am-11:00am  10:15am-11:15am  10:30am-12:30pm	Chess Club	1:00pm-4:00pm
Ballroom Dance (Live Music)  FRIDAY Tai Chi (All Levels) with Chris and John [Outdoors]  Ballet Workout with Ileana  Texas Hold 'Em Class/Play  Morning Workout Exercise Class  Tai Chi (Advanced) with Chris and John [Outdoors]  Lite & Lively (No Class on the last Friday)  Box 'n' Dance with Dan  Bingo  12:30pm-2:30pm  BVP Knitting & Crocheting (Non-Instructional)  Soulful Seniors  Heartfulness Meditation  SATURDAY  Texas Hold 'Em  9:15am-12:30pm  + Drop-In Table Tennis  SUNDAY  Drop-In Table Tennis  12:15pm-3:45pm  12:15pm-3:45pm	Table Games/Learn to Play Skip-Bo	1:30pm-2:00pm
FRIDAYTai Chi (All Levels) with Chris and John [Outdoors]9:00am-10:00amBallet Workout with Ileana9:00am-10:30amTexas Hold 'Em Class/Play9:15am-11:30amMorning Workout Exercise Class9:30am-10:30amTai Chi (Advanced) with Chris and John [Outdoors]10:00am-11:00amLite & Lively (No Class on the last Friday)10:15am-11:15amBox 'n' Dance with Dan11:30am-12:30pmBingo12:30pm-2:00pmFrench12:30pm-2:30pmBVP Knitting & Crocheting (Non-Instructional)12:30pm-3:00pmSoulful Seniors2:00pm-4:00pmHeartfulness Meditation3:30pm-4:30pmSATURDAY9:15am-12:00pmTexas Hold 'Em9:15am-12:00pmDrop-In Table Tennis9:30am-12:30pmLine Dancing with Sue10:30am-11:45amSUNDAYDrop-In Table Tennis12:15pm-3:45pm	Horseshoes	4:00pm-6:00pm
Tai Chi (All Levels) with Chris and John [Outdoors]  Ballet Workout with Ileana  7:00am-10:30am  Texas Hold 'Em Class/Play  Morning Workout Exercise Class  Tai Chi (Advanced) with Chris and John [Outdoors]  Lite & Lively (No Class on the last Friday)  Box 'n' Dance with Dan  Bingo  12:30pm-2:00pm  French  BVP Knitting & Crocheting (Non-Instructional)  Soulful Seniors  Heartfulness Meditation  SATURDAY  Texas Hold 'Em  9:15am-12:00pm  P:15am-12:45pm  Saturday Quilting  Line Dancing with Sue  12:15pm-3:45pm  12:15pm-3:45pm	Ballroom Dance (Live Music)	7:00pm-9:30pm +
Ballet Workout with Ileana  Texas Hold 'Em Class/Play  Morning Workout Exercise Class  Tai Chi (Advanced) with Chris and John [Outdoors]  Lite & Lively (No Class on the last Friday)  Box 'n' Dance with Dan  Bingo  French  BVP Knitting & Crocheting (Non-Instructional)  Soulful Seniors  Heartfulness Meditation  SATURDAY  Texas Hold 'Em  Pingo  P	FRIDAY	
Texas Hold 'Em Class/Play  Morning Workout Exercise Class  Tai Chi (Advanced) with Chris and John [Outdoors]  Lite & Lively (No Class on the last Friday)  Box 'n' Dance with Dan  Bingo  French  BVP Knitting & Crocheting (Non-Instructional)  Soulful Seniors  Heartfulness Meditation  SATURDAY  Texas Hold 'Em  Drop-In Table Tennis  Saturday Quilting  Lite & Lively (No Class on the last Friday)  P:30am-11:30am  10:00am-11:00am  10:15am-11:15am  11:30am-12:30pm  11:30am-12:30pm  11:30am-12:30pm  11:30am-12:30pm  12:30pm-2:30pm  12:30pm-3:00pm  2:00pm-4:00pm  3:30pm-4:30pm  4-  Drop-In Table Tennis  9:15am-12:00pm  4-  Drop-In Table Tennis  9:30am-12:30pm  Line Dancing with Sue  10:30am-11:45am  4-  SUNDAY  Drop-In Table Tennis	Tai Chi (All Levels) with Chris and John [Outdoors]	9:00am-10:00am
Morning Workout Exercise Class  Tai Chi (Advanced) with Chris and John [Outdoors]  Lite & Lively (No Class on the last Friday)  Box 'n' Dance with Dan  Bingo  12:30pm-2:00pm  French  BVP Knitting & Crocheting (Non-Instructional)  Soulful Seniors  Heartfulness Meditation  SATURDAY  Texas Hold 'Em  Drop-In Table Tennis  Saturday Quilting  Line Dancing with Sue  9:30am-10:30am  10:00am-11:00am  10:15am-11:15am  +  11:30am-12:30pm  12:30pm-2:30pm  12:30pm-3:00pm  2:00pm-4:00pm  4  9:15am-12:00pm  +  9:15am-12:00pm  +  SUNDAY  Drop-In Table Tennis  10:30am-11:45am  10:30am-11:45am  10:30am-11:45am  10:30am-11:45am  10:30am-3:45pm	Ballet Workout with Ileana	9:00am-10:30am
Tai Chi (Advanced) with Chris and John [Outdoors]  Lite & Lively (No Class on the last Friday)  Box 'n' Dance with Dan  Bingo  12:30pm-2:00pm  French  12:30pm-2:30pm  BVP Knitting & Crocheting (Non-Instructional)  Soulful Seniors  Heartfulness Meditation  SATURDAY  Texas Hold 'Em  9:15am-12:00pm  Porop-In Table Tennis  9:30am-12:30pm  12:30pm-3:00pm  9:15am-12:00pm  Porop-In Table Tennis  9:15am-12:00pm  10:30am-11:45am  Porop-In Table Tennis  10:00am-11:00am  10:015am-12:30pm  10:00am-11:00am  10:015am-11:00am  10:00am-11:00am  10:00am-11:00am	Texas Hold 'Em Class/Play	9:15am-11:30am +
Lite & Lively (No Class on the last Friday)  Box 'n' Dance with Dan  Bingo  12:30pm-2:00pm +  French  BVP Knitting & Crocheting (Non-Instructional)  Soulful Seniors  Heartfulness Meditation  SATURDAY  Texas Hold 'Em  Drop-In Table Tennis  Saturday Quilting  Line Dancing with Sue  SUNDAY  Drop-In Table Tennis  10:15am-11:15am  11:30am-12:30pm  12:30pm-2:30pm  2:00pm-4:00pm  3:30pm-4:30pm  4  9:15am-12:00pm  4  Drop-In Table Tennis  9:15am-12:45pm  9:30am-12:30pm  Line Dancing with Sue  10:30am-11:45am  4  SUNDAY  Drop-In Table Tennis	Morning Workout Exercise Class	9:30am-10:30am
Box 'n' Dance with Dan       11:30am-12:30pm         Bingo       12:30pm-2:00pm         French       12:30pm-2:30pm         BVP Knitting & Crocheting (Non-Instructional)       12:30pm-3:00pm         Soulful Seniors       2:00pm-4:00pm         Heartfulness Meditation       3:30pm-4:30pm         SATURDAY       9:15am-12:00pm         Texas Hold 'Em       9:15am-12:45pm         Saturday Quilting       9:30am-12:30pm         Line Dancing with Sue       10:30am-11:45am         SUNDAY       10:70p-In Table Tennis	Tai Chi (Advanced) with Chris and John [Outdoors]	10:00am-11:00am
Bingo 12:30pm-2:00pm +  French 12:30pm-2:30pm  BVP Knitting & Crocheting (Non-Instructional) 12:30pm-3:00pm  Soulful Seniors 2:00pm-4:00pm  Heartfulness Meditation 3:30pm-4:30pm  SATURDAY  Texas Hold 'Em 9:15am-12:00pm +  Drop-In Table Tennis 9:15am-12:45pm  Saturday Quilting 9:30am-12:30pm  Line Dancing with Sue 10:30am-11:45am +  SUNDAY  Drop-In Table Tennis 12:15pm-3:45pm	Lite & Lively (No Class on the last Friday)	10:15am-11:15am +
French BVP Knitting & Crocheting (Non-Instructional) Soulful Seniors 2:00pm-4:00pm Heartfulness Meditation 3:30pm-4:30pm  SATURDAY Texas Hold 'Em 9:15am-12:00pm Drop-In Table Tennis 9:15am-12:45pm Saturday Quilting Line Dancing with Sue SUNDAY Drop-In Table Tennis 12:30pm-2:30pm 12:30pm-4:00pm 3:30pm-4:30pm 4 9:15am-12:00pm 10:30am-11:45pm 10:30am-11:45am 10:30am-11:45am 10:30am-11:45am	Box 'n' Dance with Dan	11:30am-12:30pm
BVP Knitting & Crocheting (Non-Instructional)  Soulful Seniors  Heartfulness Meditation  SATURDAY  Texas Hold 'Em  Drop-In Table Tennis  Saturday Quilting  Line Dancing with Sue  SUNDAY  Drop-In Table Tennis  12:30pm-3:00pm  3:30pm-4:30pm  9:15am-12:00pm  9:15am-12:45pm  9:30am-12:30pm  10:30am-11:45am  +  SUNDAY  Drop-In Table Tennis	Bingo	12:30pm-2:00pm +
Soulful Seniors  Heartfulness Meditation  SATURDAY  Texas Hold 'Em  Drop-In Table Tennis  Saturday Quilting  Line Dancing with Sue  SUNDAY  Drop-In Table Tennis  12:15pm-3:45pm  12:15pm-3:45pm	French	12:30pm-2:30pm
Heartfulness Meditation  SATURDAY  Texas Hold 'Em  Drop-In Table Tennis  Saturday Quilting  Line Dancing with Sue  SUNDAY  Drop-In Table Tennis  12:15pm-3:45pm	BVP Knitting & Crocheting (Non-Instructional)	12:30pm-3:00pm
SATURDAYTexas Hold 'Em9:15am-12:00pm+Drop-In Table Tennis9:15am-12:45pmSaturday Quilting9:30am-12:30pmLine Dancing with Sue10:30am-11:45am+SUNDAYDrop-In Table Tennis12:15pm-3:45pm		
Texas Hold 'Em 9:15am-12:00pm +  Drop-In Table Tennis 9:15am-12:45pm  Saturday Quilting 9:30am-12:30pm  Line Dancing with Sue 10:30am-11:45am +  SUNDAY  Drop-In Table Tennis 12:15pm-3:45pm	Heartfulness Meditation	3:30pm-4:30pm
Drop-In Table Tennis9:15am-12:45pmSaturday Quilting9:30am-12:30pmLine Dancing with Sue10:30am-11:45amSUNDAY12:15pm-3:45pm	SATURDAY	
Saturday Quilting  Line Dancing with Sue  5UNDAY  Drop-In Table Tennis  9:30am-12:30pm 10:30am-11:45am +	Texas Hold 'Em	9:15am-12:00pm +
Line Dancing with Sue  SUNDAY  Drop-In Table Tennis  10:30am-11:45am  12:15pm-3:45pm	•	9:15am-12:45pm
SUNDAY Drop-In Table Tennis 12:15pm-3:45pm		9:30am-12:30pm
<b>Drop-In Table Tennis</b> 12:15pm-3:45pm	Line Dancing with Sue	10:30am-11:45am +
	SUNDAY	
	Drop-In Table Tennis	12:15pm-3:45pm

Updated 2/26/25

# **MONTHLY ACTIVITIES & JOSLYN SERVICES**

MONTHLY			
Texas Hold 'Em Tournament	2nd Mon	8:15am-2:30pm	+
Foundation For Senior Services Lectures	2nd Mon	10:30am-11:30pm	+
Texas Hold 'Em Tournament	4th Mon	9:15am-2:15pm	+
Coin Club	1st Wed	6:30pm-7:45pm	
Alzheimer's Support Group	1st & 3rd Wed	1:00pm-2:30pm	+
Young at Heart Club	2nd Wed	10:00am-11:30am	
Latin Dance Exercise Class	Last Wed	12:00pm-1:00pm	
Burbank University Women	2nd Thur	4:00pm-6:00pm	<b>1</b>
Free Fall Risk Assessments	3rd Thur	11:00am-12:00pm	
Blood Pressure Check-up	1st Fri	10:00am-11:00am	
Valley Porcelain Artists	Last Fri	9:45am-12:00pm	
T-Shirt Painting	Last Fri	1:00pm-3:00pm	+
Sunday Matinee Dance	2nd & 4th Sun	12:30pm-3:30pm	+

<b>VIRTUAL</b> Contact Joslyn for Zoom Informa	tion	
Kundalini Yoga with Charleen	Mondays	9:00am-10:00am
Quick Fit with Dan	Mondays	10:30am-11:30am
Safe Space Discussion Group	Mondays	11:00am-12:30pm
Full Body Conditioning with Charleen	Tuesdays	10:45am-11:30am
Let's Talk Discussion Group	Tuesdays	2:00pm-3:30pm
Stretching with Harry	Thursdays	9:00am-9:30am
Strength & Balance with Harry	Thursdays	10:00am & 2:15pm
Shao Chi with Harry	Thursdays	11:30am-12:15pm

JOSLYN SERVICES Contact Joslyn for Appointment		
Advance Health Care Directive	Medicare Counseling (HICAP)	
Bet Tzedek Legal Services	Notary	
<b>Durable Power of Attorney</b>	One-On-One Computer Assistance	
Gadget Tutoring	Simple Will	
Hearing Screening	15 Minute Chair Massage	