

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>HAPPY LABOR DAY</b></p> <p>Center Closed</p>	<p><b>Breakfast and Fitness 9:30am</b></p> <p>Basic Cell Phone 9-9:45am</p> <p>Crafts Made Simple 10am</p> <p>BINGO 10:30am</p> <p>Wii Game 12:30pm</p> <p>Registration Starts Today</p>	<p>Writer's Workshop 12-2</p> <p>Fall Awareness &amp; Prevention</p>	<p><b>Breakfast &amp; Fitness 9:30am</b></p> <p>Crochet 10am/BINGO 10:30am</p> <p>Jewelry Making 1:00pm</p> <p>Comp. Keyboarding 1:30pm</p> <p>Dizziness Vertigo &amp; Imbalance Disorders</p> <p>Atlanta Dream Basketball Trip</p>	<p>Low Impact In Motion 9:30am</p> <p>Theatre Arts 10am</p> <p>Weigh Down 10:30am</p> <p>Sculpting w/Clay 12p</p> <p>Yellow Daisy Trip</p>
<p><b>Break Week</b></p>	<p><b>Break Week</b></p> <p>Family Feud 10am</p> <p>Wii Game 12:30pm</p> <p>Book Club 1pm</p> <p>African American &amp; Alzheimer</p>	<p><b>Break Week</b></p> <p>Walmart Shopping Trip</p>	<p><b>Break Week</b></p> <p>Crochet 10am/BINGO 10:30am</p> <p>Thrift Store Shopping Trip</p> <p>Prostate Cancer Awareness</p>	<p><b>Break Week</b></p> <p>Garden Club 10am</p> <p>Estate Planning w/SR Law</p> <p>Valor: First Responders &amp; Veterans Event tomorrow 8/14 10am-2pm</p>
<p>Therapeutic Art 10:00am</p> <p>Theatre Arts 10am</p>	<p><b>Breakfast and Fitness 9:30am</b></p> <p>Basic Cell Phone 9-9:30</p> <p>Crafts Made Simple 10am</p> <p>Nutrition Class 10:00am</p> <p>BINGO 10:30am</p> <p>Wii Game 12:30pm</p>	<p>AARP Meeting, 10am</p> <p>Writer's Workshop 12-2</p> <p>National Food Safety</p>	<p><b>Breakfast &amp; Fitness 9:30am</b></p> <p>Crochet 10am/BINGO 10:30am</p> <p>Jewelry Making 1:00pm</p> <p>Comp. Keyboarding 1:30pm</p> <p>National Senior Center Week</p>	<p>Georgia Cares 9am</p> <p>Low Impact In Motion 9:30am</p> <p>Theatre Arts 10am</p> <p>EJO Consulting: Amazing You 10:00am</p> <p>Weigh Down 10:30am</p> <p>Sculpting w/Clay 12pm</p> <p>Accreditation Celebration 5pm Lee Street Park</p>
<p>Therapeutic Art 10:00am</p> <p>Theatre Arts 10am</p>	<p><b>Breakfast &amp; Fitness 9:30am</b></p> <p>Basic Cell Phone 9-9:30</p> <p>Crafts Made Simple 10am</p> <p>BINGO 10:30am</p> <p>Wii Game 12:30pm</p> <p>Southlake Mall</p>	<p>MS Power Point 10am</p> <p>Writer's Workshop 12-2</p> <p>Kroger Shopping Trip</p>	<p><b>Breakfast &amp; Fitness 9:30am</b></p> <p>Crochet 10am/BINGO 10:30am</p> <p>Jewelry Making 1:00pm</p> <p>Comp. Keyboarding 1:30pm</p> <p>Fall Fashion Show 1:30 pm</p>	<p>Low Impact In Motion 9:30am</p> <p>Theatre Arts 10am</p> <p>Weigh Down 10:30am</p> <p>Sculpting w/Clay 12pm</p>
<p>Therapeutic Art 10:00am</p> <p>Theatre Arts 10am</p>		<p><b>September 2019</b></p>		

## Classes

Aqua Fitness  
Wed 2-3 pm  
Aqua Zumba Thurs  
11:15am—12:00pm  
Combat H2O Mon  
11:15am-12pm  
Water Fitness I -  
Mon & Thurs  
9 am—10am  
Water Fitness II -  
Mon & Thurs  
10 am—11am

### Water Walking Classes:



Water Walking I -  
Mon. 1:15 - 2:00 pm  
Water Walking II -  
Tues. 3pm - 3:45pm  
Water Walking III -  
Wed. 1:15p - 2pm  
Water Walking IV -  
Thursday 3pm - 3:45pm

Beginner Swim:  
Tues/Wed 11am-12pm  
Tues/Thurs 1-2pm  
Intermediate Swim:  
Tues/Thurs 2-3pm

Aqua Volleyball Fridays:  
11:00am - 12:00pm

Open Swim  
Mon 2:00-4:00pm  
Tues 9-11am  
Wed 9-10:30am  
3-4pm  
Thurs 5-6:45pm Fri 9-  
10:45am & 1:30-4p

Pool & Fitness Orientation  
Thursday(s) 12:30pm &  
4:30pm by appointment

Monday	Tuesday	Wednesday	Thursday	Friday
 Center Closed	10:00- 11:00 Open Swim 3 11-12 Beginner Swim 1pm Beg. Swim 2pm Interm. Swim 3-3:45 pm Water Walking	No Open Open Swim 4 11am Beginner Swim 1:15-2pm Water Walking III 2pm Aqua Fitness 3:00- 4:00 OPEN SWIM	9:00- 11:00 Open Swim 5 1:30-4pm OPEN SWIM 5:00—6:45 OPEN SWIM	9:00- 11:00 Open Swim 6 11am Aqua Volleyball 1:30-4pm OPEN SWIM
9:00- 11:00 Open Swim 9 1:30-4pm OPEN SWIM	9:00- 11:00 Open Swim 10 1:30-4pm OPEN SWIM	Pool Closed for Cleaning 11	9:00- 11:00 Open Swim 12 1:30-4pm OPEN SWIM 5:00—6:45pm OPEN SWIM	9:00- 11:00 Open Swim 13 11am Aqua Volleyball 1:30-4pm OPEN SWIM
				
No Morning Open Swim 16 9am Water Fitness I 10 am Water Fitness II 11:15 am Combat H2O 1:15—2pm Water Walking 2:00-4:00 OPEN SWIM	9:00- 11:00 Open Swim 17 11-12 Beginner Swim 1pm—2pm Beg. Swim 2pm - 3pm Interm. Swim 3:00—3:45 Water Walking	9:00-10:30 OPEN SWIM 18 11-12 Beginner Swim 1:15-2pm Water Walking III 2pm Aqua Fitness 3:00 - 4:00 OPEN SWIM	No Morning Open Swim 19 9am Water Fitness I 10 am Water Fitness II 11:15 Aqua Zumba 12:30PM POOL ORIENTATION 1pm—2pm Beg. Swim 2-3 Intermediate Swim 3:00—3:45 Water Walking 5:00—6:45 OPEN SWIM	9:00-10:45 OPEN SWIM 20 11am Aqua Volleyball 1:30-4pm OPEN SWIM
No Morning Open Swim 23 9am Water Fitness I 10 am Water Fitness II 11:15 am Combat H2O 1:15—2pm Water Walking 2:00-4:00 OPEN SWIM	9:00- 11:00 Open Swim 24 11-12 Beginner Swim 1pm—2pm Beg. Swim 2pm - 3pm Interm. Swim 3:00—3:45 Water Walking	9:00-10:30 OPEN SWIM 25 11-12 Beginner Swim 1:15-2pm Water Walking III 2pm Aqua Fitness 3:00 - 4:00 OPEN SWIM	No Morning Open Swim 26 9am Water Fitness I 10 am Water Fitness II 11:15 Aqua Zumba 12:30PM POOL ORIENTATION 1pm—2pm Beg. Swim 2-3 Intermediate Swim 3:00—3:45 Water Walking 5:00—6:45 OPEN SWIM	9:00-10:45 OPEN SWIM 27 11am Aqua Volleyball 1:30-4pm OPEN SWIM
No Morning Open Swim 30 9am Water Fitness I 10 am Water Fitness II 11:15 am Combat H2O 1:15—2pm Water Walking 2:00-4:00 OPEN SWIM				

Cotton Clothing is prohibited in the Pool. Aqua shoes are mandatory. Shower is mandatory before entering the pool.

# September 2019