

| Mon | Tue | Wed | Thu | Fri | Sat/Sun |
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| <p>SEMCAC SENIOR DINING Mon-Fri Meals served at 11:30. Call 664-3735 by noon of the previous day for a reservation.</p> | | | | <p><u>Salmon Loaf</u> 1 9:30 Medicare Consults 9:30 CPR/AED Prof. Tr. 11:45 Out To Lunch: Kurry Kabob</p> | <p>2/3 Sun. Cards 1pm 500 3pm Spades</p> |
| <p><u>Beef Steak & Onions</u> 4 9:30 Intro to Photoshop Elements 9:30 Bike Club Meeting 12:30 Foot Care 1:00 Popcorn & Movie 1:30 Card Making Group</p> | <p><u>Chicken Pot Pie</u> 5 9:00 AARP Driver Safety Class 9:30 Intro to Computers</p> | <p><u>Baked Ham</u> 6 1pm NATC Committee</p> | <p><u>Hot Turkey Sandw.</u> 7 9:30 Intro to Computers</p> | <p><u>Baked Fish</u> 8 9:00 Joy of Quilting 9:30 Intro to Photoshop Elements 9:30 CPR/AED Prof. Tr. 10:30 Book Club</p> | <p>Sat. 8a.m. 9/10 Hike./Myre Big Island State Park Sun. Cards 1pm 500 3pm Spades</p> |
| <p><u>Pork Chow Mein</u> 11 8:30 Retired Teachers 9:30 1st 2011 Bike Ride 12:30 Foot Care 1:00 Popcorn & Movie 1:30 Presentation Software</p> | <p><u>Baked Chicken</u> 12 9:30 Intro to Word Proc. I 10a Woodcarvers Open Lab</p> | <p><u>Beef Stroganoff</u> 13 9:00 Open Studio, Chinese Brush Painting 1:30 Presentation Software</p> | <p><u>Pork Roast</u> 14 9a Reading w/4th Graders 9:30 Intro to Word Proc. I 11a Care Management 11a Bruce Hanson, guitar, vocal</p> | <p><u>Meatballs</u> 15 9:30 Tech Time 9:30 Medicare Consults</p> | <p>16/17 Sun. Cards 1pm 500 3pm Spades</p> |
| <p><u>Chicken Broccoli</u> 18 11:00 Jim Blaha, CAC talk 1:00 Popcorn & Movie 1:30 Card Making Group</p> | <p><u>Swiss Steak</u> 19 9:30 Organize my Computer 3:30 Mexican Train Dominoes</p> | <p><u>Roast Turkey</u> 20 9:00 Bead Crochet Jewelry 9:00 Open Studio, Chinese Brush Painting 10:00 Volunteer Popcorn Wagon Meeting 1pm NATC Committee</p> | <p><u>Meatloaf</u> 21 9:30 Organize my Computer 9:30 Finance Com.</p> | <p><u>Baked Ham</u> 22 9:00 Joy of Quilting 9:30 Digital Camera Grp</p> | <p>23/24 EASTER SUNDAY CENTER IS CLOSED</p> |
| <p><u>Gr. Pepper Steak</u> 25 9:30 Intermediate Photo-Shop Elements 1:00 Popcorn & Movie 5:30 AARP Driver Safety Class</p> | <p><u>Brd. Pork Steak</u> 26 9:30 Intro to Word Proc II 10a Woodcarvers Open Lab</p> | <p><u>Roast Beef</u> 27 9:00 Open Studio, Chinese Brush Painting 9:00 Bead Crochet Jewelry 11a Living Well Series: State of Your Estate II</p> | <p><u>Baked Chicken</u> 28 9:30 Intro to Word Proc II 10:45 Chimes Choir 12:30 Jersey Boys, Trip 1p Sr. Center's Annual Meeting 3p Board Meeting 3p Tap Dance Session Four Starts</p> | <p><u>Hamburger on Bun</u> 29 9:30 Intermediate Photo-Shop Elements</p> | <p>30/1 Sat. 10a Garden Volunteers Brunch Meeting</p> |

On-going Weekly Activities

| Mon | Tue | Wed | Thu | Fri | Sat/Sun |
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| <p><u>POOL ACTIVITIES</u> 6-7a Open Swim 7-7:45a Aqua Sunrisers 8:15-9a Aqua Ageless 9:15-10 Aqua Fit n Tone 10a-7:45p Open Swim</p> <p><u>FITNESS CLASSES</u> 7-8:00 Early RiseYoga 8:30-9:15 Tai Chi 9:30-10:15 Bdy Wakeup 10:30-11:30 SS MSROM 6:15-7:15p Class. Yoga</p> <p>6a-8p Fitness Rm Open</p> <p><u>GROUP ACTIVITIES</u> 9:30a Bike Club Rides 12:30p Euchre or Pinocole 1p Popcorn & A Movie 7:30-9:30 Open Ping Pong</p> | <p><u>POOL ACTIVITIES</u> 6-7a Open Swim 7-8a Early Bird Aqua 8a-5:30p Open Swim 5:30-6:30 Evening Aqua 6:30-7:45 Open Swim</p> <p><u>FITNESS CLASSES</u> 7-7:45 Studio Strength 8:30-9:15a Core & More 9:30-10:30a Circuit Tr. 9:30-10:15 County Line 10:30-11:15 Gentle Yoga 6-6:45 Strength Circuit 6:30-7:30p Mindful Yoga 6-9:30a Fitn. Rm Open 10:30a-6p Fitness Rm Open 6:45-8P Fitn Rm Open</p> <p><u>GROUP ACTIVITIES</u> 12:30-3p Euchre 1:15-3:15-3 Int./Adv Open Ping Pong 1-3p Hook, Yarn & Needle 1-4p Duplicate Bridge 4:30-6p Seasoned Singers</p> | <p><u>POOL ACTIVITIES</u> 6-7a Open Swim 7-7:45a Aqua Sunrisers 8:15-9a Aqua Ageless 9:15-10 Aqua Fit n Tone 10a-7:45p Open Swim 1-8 HOT TUB CLOSED Last full week of month 1pm—WED. POOL CLOSÉS</p> <p><u>FITNESS CLASSES</u> 8:30-9:15a Tai Chi 9:30-19:15 Zumba Gold 10:30-11:30 SS MSROM 12:00-1:15p Slo Flo Hatha Yoga 6-6:45p Zumba 7-7:45 Pilates 6a-8p Fitness Rm Open</p> <p><u>SERVICES</u> 8-11:30 Massage Therapy</p> <p><u>GROUP ACTIVITIES</u> 1-4p Social Bridge 3-5p Open Ping Pong</p> <p><u>COMPUTER LAB</u> 9:30-11:30a Open Lab</p> | <p><u>POOL ACTIVITIES</u> 6-7a Open Swim 7-8a Early Bird Aqua 8a-5:30p Open Swim 5:30-6:30p Evening Aqua 7:00-7:45p Water Volleyball</p> <p><u>FITNESS CLASSES</u> 8:05-8:50 Core & Str. 9:30-10:15 Move & Grove 9:30-10:30 Circuit Tr. 10:30-11:30 Gentle Yoga 1:15-2 Pilates 5:45 Classical Yoga 6-6:45 Strength Circuit 6-9:30a Fitn Rm Open 10:30a-6p Fitness Rm Open 6:45-8P Fitn Rm Open</p> <p><u>SERVICES</u> 8-11:30 Massage Therapy</p> <p><u>GROUP ACTIVITIES</u> 12:45-2:15 Chime Choir 2:15-4:15 Open Ping Png All levels 7-10p Duplicate Bridge 7-7:45 Water Volleyball</p> | <p><u>POOL ACTIVITIES</u> 6-7a Open Swim 7-7:45a Aqua Sunrisers 8:15-9a Aqua Ageless 9:15-10 Aqua Fit 'n' Tone 10a-3:15p Open Swim 3:15-5p Grandparent/Grandchild Swim 5-7:45p Open Swim</p> <p><u>FITNESS CLASSES</u> 8-9:00 Body Wakeup 10:30-11:30 Silver-Sneakers MSROM</p> <p>6a-8p Fitness Rm Open</p> <p><u>GROUP ACTIVITIES</u> 12:30-3p "500" cards</p> | <p><u>POOL ACTIVITIES</u> 6a-10:15 Open Swim 10:15 –11a Aqua Fitness Fusion 11:00-2p Open Swim 2:00-3:45 Family Swim Time 3:45-5p Open Swim</p> <p><u>FITNESS CLASSES</u> <u>Saturday</u> 9-9:45 Zumba Gold 6a-5p Fitness Rm Open</p> <p><u>Sunday</u> 1-2 Slo Flo Relaxation Yoga 10a-5p Fitness Rm Open</p> <p><u>GROUP ACTIVITIES</u> <u>Saturday</u> 10-12p Adv. Open Ping Pong</p> <p><u>Sunday</u> 1-3p 500 Cards 3-5p Spades Cards</p> |