

Senior Program (50+) at Arnold Rue Community Center 5758 Lorraine Ave 937-7350

Day/Time:	Activity:	Room:
<u>Tuesday:</u>		
9:00-10:00	Exercise with Video	Dance Room
9:00-1:00	Workout/Cardio	Fitness Room
9:00-11:00	Walk in Gym	Gymnasium
9:00-11:00	Needlework	Arts & Crafts Room
9:00-1:00	Pinochle	Multi-Purpose Room
10:00-1:00	Table Tennis (Ping Pong)	Multi-Purpose Room
11:00-12:00	Book Club (2 nd Tuesday)	Library
11:00-1:00	Senior Basketball	Gymnasium
11:00-11:30	Lunch Program (age 60+)	Multi-Purpose Room
11:15-12:15	Tai Chi* (\$10 fee for 2 months)	Dance Room

<u>Wednesday:</u>		
9:00-10:00	Exercise with Video	Dance Room
9:00-1:00	Workout/Cardio	Fitness Room
9:00-11:00	Walk in Gym	Gymnasium
9:15-10:15	Tap Dance	Multi-Purpose Room
9:30-11:30	Oil Painting	Arts & Crafts Room
9:00-1:00	Pinochle	Multi-Purpose Room
10:00-1:00	Table Tennis (Ping Pong)	Multi-Purpose Room
11:00-1:00	Senior Basketball	Gymnasium
11:00-11:30	Lunch Program (age 60+)	Multi-Purpose Room

<u>Thursday:</u>		
9:00-10:00	Exercise with Video	Dance Room
9:00-1:00	Workout/Cardio	Fitness Room
9:00-11:00	Walk in Gym	Gymnasium
9:00-11:00	Needlework	Arts & Crafts Room
9:00-1:00	Pinochle	Multi-Purpose Room
10:00-11:00	Brown Bag (1 st & 3 rd) (age 60+)	Multi-Purpose Room
10:00-1:00	Table Tennis (Ping Pong) (2 nd &4 th)	Multi-Purpose Room
11:00-1:00	Senior Basketball	Gymnasium
11:00-11:30	Lunch Program (age 60+)	Multi-Purpose Room

<u>Friday:</u>		
9:00-10:00	Exercise with Video	Dance Room
9:00-1:00	Workout/Cardio	Fitness Room
9:00-11:00	Walk in Gym	Gymnasium
9:00-10:00	Tap Dance	Multi-Purpose Room
9:00-1:00	Pinochle	Multi-Purpose Room
11:00-1:00	Senior Basketball	Gymnasium
11:00-11:30	Lunch Program (age 60+)	Multi-Purpose Room

**BROWN BAG PROGRAM - 1ST AND 3RD THURSDAY OF THE MONTH at 10:00AM
(Must be at least 60 years of age for the brown bag and hot lunch program)**