

Fall 2021 All Schedules

Updated 9/19/2021

WSUC Gym

Time	Mon	Tues	Wed	Thurs	Fri
8:30		Chair YOGA		Chair YOGA	
9:00	Senior Low		Senior Low		Senior Low
9:30	Impact Exer.		Impact Exer.		Impact Exer.
10:00					
10:30		Beginner	BOOST		Practice
11:00	Intermediate	TAI CHI	TAI CHI		TAI CHI
11:30	Tia Chi				
12:00					
12:30					
1:00	Music Jam				
1:30			Music Jam		
2:00					
2:30					
3:00					

WSUC Mezzanine

Time	Mon	Tues	Wed	Thurs	Fri
11:00			Art Studio		
11:30					
12:00					
12:30					
1:00	Euchre				
1:30					
2:00					
2:30					
3:00					
3:30					
4:00					

WSUC Living Room

Time	Mon	Tues	Wed	Thurs	Fri
9:00					
9:30	Meditation				
10:00					
10:30				Beginners'	
11:00				Spanish Conv.	
11:30					
12:00					
1:00					
1:30			BookClub		
2:00			Once/month	Spanish Inter.	
2:30				Conversation	

Salvation Army (North)

Time	Mon	Tues	Wed	Thurs	Fri
9:15			Table Tennis		
9:30	Quilting				
10:00					
10:30					Line Dancing -
11:00					Beginners
11:30					
12:00					
12:30					
1:00					
1:30		Line Dancing- Intermediate	Line Dancing- Intermediate		
2:00					

**Salvation Army (South)**

Time	Mon	Tues	Wed	Thurs	Fri
9:00					
9:30	UKULELE				UKULELE
10:00	Intermediate				
10:30	Plus				
11:00					
1:30		ART STUDIO			
2:00					
2:30					
3:00					

**St. Paul's Anglican Church Hall**

Time	Mon	Tues	Wed	Thurs	Fri
9:00	Mosaic				Tole
9:30	Art			French	Painting
10:00				Conversation	
10:30					
11:00				French	
11:30				Advanced	
12:00					
12:30					
1:00				French	
1:30				Basic	
2:00					
2:30					

**Other Classes outside of Venues**

1:50 Wednesday

**Walking Class** - Meet behind the Art Centre @ Metro. Start walking @ 2 PM Rain or Shine

12:00 Wednesday

**Facial Reflexology on Zoom (Noon - 1PM)**