

free for members

Members can enjoy free activities each and every day!



Not only is free coffee in the Ultimate Cafe one of the many benefits of membership but so is the fact that members can enjoy a wide variety of FREE activities... every day! In addition to the many daily activities listed below, members can come to the Center to just relax, meet friends, play billiards, or enjoy a good book in our library. All daily activities listed here are FREE to members unless otherwise

noted. **REMEMBER... "WE CARD!"** Please help us preserve your member benefits...be prepared to show your member ID card when asked.

IMPORTANT INFORMATION FOR AEROBIC STUDENTS

Aerobics classes are **FREE to Center members**; however, *you must first take a free fitness assessment test before beginning any fitness class.* We'll recommend the right level of class that will best meet your needs. Assessments take approximately 15 minutes to complete and are available daily in the Fitness Center from 9:30 a.m. to 3 p.m. *Aerobic class sizes are limited to 20, first come, first served.*

mondays

Chair Aerobics:
10 a.m. to 10:40 a.m.

Canasta:
10 a.m. to 11:45 a.m.
Regular and Hand & Foot

Sit and Stitch: 1 p.m. to 4 p.m.
Knitters, crocheters and other fiber crafters are invited to work in our lobby on your current project. Let us see what you are creating.

tuesdays

Power Aerobics: 7:30 a.m. to 8:20 a.m.
Max Class: 20

Intermediate I Aerobics:
8:30 a.m. to 9:20 a.m. Max Class: 20

Intermediate II Aerobics:
9:30 a.m. to 10:20 a.m. Max Class: 20

Spanish Interest Group: *The group is taking a little break. If you're interested in this group, let the front desk know and they'll call you when it resumes.*

Mexican Train Dominoes:
10 a.m. to 12 p.m.

Tuesday Bridge Club:
1:30 p.m. to 4:30 p.m.

wednesdays

Chair Aerobics: 10 a.m. to 10:40 a.m.

Five Crowns® Card Game:
10 a.m. to 12:00 p.m.
Five Crowns® is a card game that is easy to learn using skills that you know from playing your old favorites like Hearts, Spades and Rummy.

Learn to play! FREE lessons every Wednesday in November, 9 a.m. to 10 a.m.

Free Blood Pressure Check:
10 a.m. to 11 a.m.

Bunco: 1:15 p.m. to 4 p.m.

thursdays

Power Aerobics: 7:30 a.m. to 8:20 a.m.
Max Class: 20

Intermediate I Aerobics:
8:30 a.m. to 9:20 a.m. Max Class: 20

Intermediate II Aerobics:
9:30 a.m. to 10:20 a.m. Max Class: 20

Free Blood Pressure Check:
10 a.m. to 11 a.m.

Phase 10: 10 a.m. to 11:45 a.m.
This is a fun card game based on a variant of rummy.

Sit and Stitch: 1 p.m. to 4 p.m.
All knitters, crocheters and hand loomers are welcome to join old friends, meet new ones, and enjoy your craft.

fridays

Fitness Room Orientation: 9 a.m.

Chair Aerobics: 10 a.m. to 10:40 a.m.

Spanish Interest Group: *The group is taking a little break. If you're interested in this group, let the front desk know and they'll call you when it resumes.*

Pinochle: 10 a.m. to 12 p.m.

Friday Bridge Club:
1:30 p.m. to 4 p.m.

Computer Room

The computer room is open during regular business hours for members to practice their skills, check email, surf the Web, or just play games.