

# October 2021

## Senior In-Person Programs

### Senior Virtual Programs in Yellow

(Ages 55+)



## Mecklenburg County Park and Recreation

Senior Nutrition - Let's Do Lunch- Monday-Friday [Click Here](#) to Learn More!

For complete list of Senior Programs [Click Here!](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please click on the program you are interested in attending. That will direct you to our <a href="#">Registration site</a>.</p>	<p>To request a modification based on the Americans with Disabilities Act (ADA), please contact staff at 980-314-1192 or email <a href="mailto:TRInfo@MeckNC.gov">TRInfo@MeckNC.gov</a>.</p>			<p>1</p> <p><a href="#">8:30am</a> <a href="#">Mallard Creek</a> <a href="#">Yoga</a></p> <p><a href="#">9:15am</a> <a href="#">Mallard Creek</a> <a href="#">Group Training</a></p> <p><a href="#">9am</a> <a href="#">David B. Waymer</a> <a href="#">Wii Bowling</a></p> <p><a href="#">10am</a> <a href="#">David B. Waymer</a> <a href="#">Balance N Stretch</a></p> <p><a href="#">11am</a> <a href="#">Mallard Creek</a> <a href="#">Line Dancing</a></p> <p><a href="#">1pm</a> <a href="#">David B. Waymer</a> <a href="#">Bridge</a></p> <p><a href="#">2:30pm</a> <a href="#">Tyvola</a> <a href="#">Popcorn &amp; A Point</a></p> <p><a href="#">3pm</a> <a href="#">Tyvola</a> <a href="#">Mike's Bingo</a></p>

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
<a href="#"><u>8:30am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Stretch It Out</u></a>	<a href="#"><u>8:30am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Yoga</u></a>	<a href="#"><u>8:30am</u></a> <a href="#"><u>Mallard Creek Stretch</u></a> <a href="#"><u>It Out</u></a>	<a href="#"><u>9:15am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Group Training</u></a>	<a href="#"><u>8:30am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Yoga</u></a>
<a href="#"><u>9am</u></a> <a href="#"><u>Tyvola Circle</u></a> <a href="#"><u>Group 1</u></a>	<a href="#"><u>9am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Built to Walk</u></a>	<a href="#"><u>9am</u></a> <a href="#"><u>Tyvola Circle</u></a> <a href="#"><u>Group 1</u></a>	<a href="#"><u>9am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Built to Walk</u></a>	<a href="#"><u>9pm</u></a> <a href="#"><u>Tyvola Circle</u></a> <a href="#"><u>Group 1</u></a>
<a href="#"><u>9:45am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Circle Group 2</u></a>	<a href="#"><u>9:15am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Group Training</u></a>	<a href="#"><u>9:45pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Circle Group 2</u></a>	<a href="#"><u>9:30am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Low Impact</u></a>	<a href="#"><u>9:45pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Circle Group 2</u></a>
<a href="#"><u>9:15am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Group Training</u></a>	<a href="#"><u>9:30am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Low Impact</u></a>	<a href="#"><u>9:15am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Group Training</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Senior Walking</u></a>	<a href="#"><u>9am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Wii Bowling</u></a>
<a href="#"><u>9am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Walking Club</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Senior Walking</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Yoga</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Mixed HIIT</u></a>	<a href="#"><u>9:15am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Group Training</u></a>
<a href="#"><u>9:15am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Group Training</u></a>	<a href="#"><u>10am Arbor Glen</u></a> <a href="#"><u>Senior Greenway</u></a> <a href="#"><u>Walking Club</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Pickleball</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Crochet Club</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Senior Walking</u></a>
<a href="#"><u>10am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Mahjong</u></a>	<a href="#"><u>10:30am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Door Decor</u></a>	<a href="#"><u>10:30am</u></a> <a href="#"><u>Bette Rae Thomas</u></a> <a href="#"><u>Urban Garden Club</u></a>	<a href="#"><u>11am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Fit after 55</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Crochet Club</u></a>
<a href="#"><u>10:30am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Walk and Roll</u></a>	<a href="#"><u>11am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Fit after 55</u></a>	<a href="#"><u>11am</u></a> <a href="#"><u>Bette Rae Thomas</u></a> <a href="#"><u>Silver Sneakers Class</u></a>	<a href="#"><u>11am Tyvola</u></a> <a href="#"><u>Fit after 55</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Balance N Stretch</u></a>
<a href="#"><u>11am</u></a> <a href="#"><u>Bette Rae Thomas</u></a> <a href="#"><u>Silver Sneakers</u></a> <a href="#"><u>Class</u></a>	<a href="#"><u>11am Tyvola</u></a> <a href="#"><u>Fit after 55</u></a>	<a href="#"><u>1pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Chess/Checkers</u></a>	<a href="#"><u>11am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Line Dancing</u></a>	<a href="#"><u>11am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Line Dancing</u></a>
<a href="#"><u>1pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Cornhole</u></a>	<a href="#"><u>11:30am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Chair Aerobics</u></a>	<a href="#"><u>2:30pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Beginners Bench Step</u></a>	<a href="#"><u>11am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Line Dancing</u></a>	<a href="#"><u>1pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Bridge</u></a>
<a href="#"><u>2pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Reps &amp; Sets</u></a>	<a href="#"><u>1pm</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Pickleball</u></a>		<a href="#"><u>12:15pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Cards &amp; Coloring</u></a>	<a href="#"><u>2pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Reps &amp; Sets</u></a>
<a href="#"><u>2:30pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>High Intensity</u></a>	<a href="#"><u>1pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Bingo</u></a>		<a href="#"><u>1pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Gentle Yoga</u></a>	<a href="#"><u>2:30pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>High Intensity</u></a>
<a href="#"><u>6pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>West African</u></a> <a href="#"><u>Dance Class</u></a>	<a href="#"><u>2pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Line Dancing</u></a>		<a href="#"><u>2:15pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Chair Yoga</u></a>	<a href="#"><u>2:30pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Popcorn &amp; A Point</u></a>
	<a href="#"><u>2:30pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Line Dancing</u></a>			<a href="#"><u>3pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Mike's Bingo</u></a>

Monday	Tuesday	Wednesday	Thursday	Friday
11	12	13	14	15
<a href="#"><u>8:30am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Stretch It Out</u></a>	<a href="#"><u>8:30am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Yoga</u></a>	<a href="#"><u>8:30am</u></a> <a href="#"><u>Mallard Creek Stretch</u></a> <a href="#"><u>It Out</u></a>	<a href="#"><u>9am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Built to Walk</u></a>	<a href="#"><u>8:30am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Yoga</u></a>
<a href="#"><u>9am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Walking Club</u></a>	<a href="#"><u>9am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Built to Walk</u></a>	<a href="#"><u>9:15am</u></a> <a href="#"><u>Mallard Creek Group</u></a> <a href="#"><u>Training</u></a>	<a href="#"><u>9:15am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Group Training</u></a>	<a href="#"><u>9am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Wii Bowling</u></a>
<a href="#"><u>9:15am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Group Training</u></a>	<a href="#"><u>9:15am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Group Training</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Yoga</u></a>	<a href="#"><u>9:30am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Low Impact</u></a>	<a href="#"><u>9:15am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Group Training</u></a>
<a href="#"><u>10am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Mahjong</u></a>	<a href="#"><u>9:30am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Low Impact</u></a>	<a href="#"><u>11am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Community Outreach</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Mixed HIIT</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Crochet Club</u></a>
<a href="#"><u>10:30am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Walk and Roll</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Senior Walking</u></a>	<a href="#"><u>11am</u></a> <a href="#"><u>Bette Rae Thomas</u></a> <a href="#"><u>Silver Sneakers Class</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Crochet Club</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Balance N Stretch</u></a>
<a href="#"><u>11am</u></a> <a href="#"><u>Bette Rae Thomas</u></a> <a href="#"><u>Silver Sneakers</u></a> <a href="#"><u>Class</u></a>	<a href="#"><u>10am Arbor Glen</u></a> <a href="#"><u>Senior Greenway</u></a> <a href="#"><u>Walking Club</u></a>	<a href="#"><u>1pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Chess/Checkers</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Senior Walking</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Senior Walking</u></a>
<a href="#"><u>1pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Cornhole</u></a>	<a href="#"><u>11am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Fit after 55</u></a>	<a href="#"><u>2:30pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Beginners Bench Step</u></a>	<a href="#"><u>11am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Line Dancing</u></a>	<a href="#"><u>11am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Line Dancing</u></a>
<a href="#"><u>2pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Reps &amp; Sets</u></a>	<a href="#"><u>11am Tyvola</u></a> <a href="#"><u>Fit after 55</u></a>		<a href="#"><u>11am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Fit after 55</u></a>	<a href="#"><u>1pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Bridge</u></a>
<a href="#"><u>2:30pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>High Intensity</u></a>	<a href="#"><u>11:30am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Chair Aerobics</u></a>		<a href="#"><u>11am Tyvola</u></a> <a href="#"><u>Fit after 55</u></a>	<a href="#"><u>2pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Reps &amp; Sets</u></a>
<a href="#"><u>6pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>West African</u></a> <a href="#"><u>Dance Class</u></a>	<a href="#"><u>1pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Bingo</u></a>		<a href="#"><u>11am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Line Dancing</u></a>	<a href="#"><u>2:30pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>High Intensity</u></a>
	<a href="#"><u>2pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Line Dancing</u></a>		<a href="#"><u>12:15pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Cards &amp; Coloring</u></a>	<a href="#"><u>2:30pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Popcorn &amp; A Point</u></a>
	<a href="#"><u>2:30pm</u></a> <a href="#"><u>David B. Waymer Line</u></a> <a href="#"><u>Dancing</u></a>		<a href="#"><u>1pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Gentle Yoga</u></a>	<a href="#"><u>3pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Mike's Bingo</u></a>
			<a href="#"><u>2:15pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Chair Yoga</u></a>	

Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21	22
<a href="#"><u>9am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Walking Club</u></a>	<a href="#"><u>9am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Built to Walk</u></a>	<a href="#"><u>9:15am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Group Training</u></a>	<a href="#"><u>9am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Built to Walk</u></a>	<a href="#"><u>8:30am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Yoga</u></a>
<a href="#"><u>9:15am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Group Training</u></a>	<a href="#"><u>9:15am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Group Training</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Yoga</u></a>	<a href="#"><u>9:15am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Group Training</u></a>	<a href="#"><u>9am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Wii Bowling</u></a>
<a href="#"><u>10am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Mahjong</u></a>	<a href="#"><u>9:30am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Low Impact</u></a>	<a href="#"><u>10:30am</u></a> <a href="#"><u>Bette Rae Thomas</u></a> <a href="#"><u>Urban Garden Club</u></a>	<a href="#"><u>9:30am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Low Impact</u></a>	<a href="#"><u>9:15am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Group Training</u></a>
<a href="#"><u>10:30am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Walk and Roll</u></a>	<a href="#"><u>8:30am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Yoga</u></a>	<a href="#"><u>11am</u></a> <a href="#"><u>Bette Rae Thomas</u></a> <a href="#"><u>Silver Sneakers Class</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Crochet Club</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Crochet Club</u></a>
<a href="#"><u>11am</u></a> <a href="#"><u>Bette Rae Thomas</u></a> <a href="#"><u>Silver Sneakers</u></a> <a href="#"><u>Class</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Senior Walking</u></a>	<a href="#"><u>12pm</u></a> <a href="#"><u>Tyvola Canvas</u></a> <a href="#"><u>Creation</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Mixed HIIT</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Balance N Stretch</u></a>
<a href="#"><u>1pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Cornhole</u></a>	<a href="#"><u>10am Arbor Glen</u></a> <a href="#"><u>Senior Greenway</u></a> <a href="#"><u>Walking Club</u></a>	<a href="#"><u>1pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Chess/Checkers</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Arbor Glen</u></a> <a href="#"><u>District VII Senior</u></a> <a href="#"><u>Club</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Senior Walking</u></a>
<a href="#"><u>2pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Reps &amp; Sets</u></a>	<a href="#"><u>11am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Fit after 55</u></a>	<a href="#"><u>2:30pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Beginners Bench Step</u></a>	<a href="#"><u>10am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Senior Walking</u></a>	<a href="#"><u>11am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Line Dancing</u></a>
<a href="#"><u>2:30pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>High Intensity</u></a>	<a href="#"><u>11am Tyvola</u></a> <a href="#"><u>Fit after 55</u></a>		<a href="#"><u>11am</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Fit after 55</u></a>	<a href="#"><u>1pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Bridge</u></a>
<a href="#"><u>6pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>West African</u></a> <a href="#"><u>Dance Class</u></a>	<a href="#"><u>11:30am</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Chair Aerobics</u></a>		<a href="#"><u>11am Tyvola</u></a> <a href="#"><u>Fit after 55</u></a>	<a href="#"><u>2pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Reps &amp; Sets</u></a>
	<a href="#"><u>1pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Bingo</u></a>		<a href="#"><u>11am</u></a> <a href="#"><u>Mallard Creek</u></a> <a href="#"><u>Line Dancing</u></a>	<a href="#"><u>2:30pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>High Intensity</u></a>
	<a href="#"><u>2pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Line Dancing</u></a>		<a href="#"><u>12:15pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Cards &amp; Coloring</u></a>	<a href="#"><u>2:30pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Popcorn &amp; A Point</u></a>
	<a href="#"><u>2:30pm</u></a> <a href="#"><u>David B. Waymer</u></a> <a href="#"><u>Line Dancing</u></a>		<a href="#"><u>1pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Gentle Yoga</u></a>	<a href="#"><u>3pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Mike's Bingo</u></a>
			<a href="#"><u>2:15pm</u></a> <a href="#"><u>Tyvola</u></a> <a href="#"><u>Chair Yoga</u></a>	

Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
<u>9am</u> <u>David B. Waymer</u> <u>Walking Club</u>	<u>8:30am</u> <u>Mallard Creek</u> <u>Yoga</u>	<u>9:15am</u> <u>Mallard Creek</u> <u>Group Training</u>	<u>9am</u> <u>Tyvola</u> <u>Built to Walk</u>	<u>8:30am</u> <u>Mallard Creek</u> <u>Yoga</u>
<u>9:15am</u> <u>Mallard Creek</u> <u>Group Training</u>	<u>9am</u> <u>Tyvola</u> <u>Built to Walk</u>	<u>10am</u> <u>David B. Waymer</u> <u>Yoga</u>	<u>9:15am</u> <u>Mallard Creek</u> <u>Group Training</u>	<u>9am</u> <u>David B. Waymer</u> <u>Wii Bowling</u>
<u>10am</u> <u>David B. Waymer</u> <u>Mahjong</u>	<u>9:15am</u> <u>Mallard Creek</u> <u>Group Training</u>	<u>11am</u> <u>Tyvola</u> <u>Community Outreach</u>	<u>9:30am</u> <u>Tyvola</u> <u>Low Impact</u>	<u>9:15am</u> <u>Mallard Creek</u> <u>Group Training</u>
<u>10:30am</u> <u>Tyvola</u> <u>Walk and Roll</u>	<u>9:30am</u> <u>Tyvola</u> <u>Low Impact</u>	<u>11am</u> <u>Bette Rae Thomas</u> <u>Silver Sneakers Class</u>	<u>10am</u> <u>Tyvola</u> <u>Crochet Club</u>	<u>10am</u> <u>Tyvola</u> <u>Crochet Club</u>
<u>11am</u> <u>Bette Rae Thomas</u> <u>Silver Sneakers</u> <u>Class</u>	<u>10am</u> <u>Mallard Creek</u> <u>Senior Walking</u>	<u>1pm</u> <u>David B. Waymer</u> <u>Chess/Checkers</u>	<u>10am</u> <u>David B. Waymer</u> <u>Mixed HIIT</u>	<u>10am</u> <u>David B. Waymer</u> <u>Balance N Stretch</u>
<u>1pm</u> <u>David B. Waymer</u> <u>Cornhole</u>	<u>10am</u> <u>Arbor Glen</u> <u>Senior Greenway</u> <u>Walking Club</u>	<u>2:30pm</u> <u>Tyvola</u> <u>Beginners Bench Step</u>	<u>10am</u> <u>Mallard Creek</u> <u>Senior Walking</u>	<u>10am</u> <u>Mallard Creek</u> <u>Senior Walking</u>
<u>2pm</u> <u>Tyvola</u> <u>Reps &amp; Sets</u>	<u>11am</u> <u>Tyvola</u> <u>Fit after 55</u>		<u>11am</u> <u>Mallard Creek</u> <u>Line Dancing</u>	<u>11am</u> <u>Mallard Creek</u> <u>Line Dancing</u>
<u>2:30pm</u> <u>Tyvola</u> <u>High Intensity</u>	<u>11am Tyvola</u> <u>Fit after 55</u>		<u>11am</u> <u>Tyvola</u> <u>Fit after 55</u>	<u>11:30pm</u> <u>Tyvola</u> <u>Halloween Costume</u> <u>Parade and Contest</u>
<u>6pm</u> <u>Tyvola</u> <u>West African</u> <u>Dance Class</u>	<u>11:30am</u> <u>David B. Waymer</u> <u>Chair Aerobics</u>		<u>11am Tyvola</u> <u>Fit after 55</u>	<u>1pm</u> <u>David B. Waymer</u> <u>Bridge</u>
	<u>1pm</u> <u>David B. Waymer</u> <u>Bingo</u>		<u>11am</u> <u>David B. Waymer</u> <u>Line Dancing</u>	<u>2pm</u> <u>Tyvola</u> <u>Reps &amp; Sets</u>
	<u>2pm</u> <u>Tyvola</u> <u>Line Dancing</u>		<u>12:15pm</u> <u>David B. Waymer</u> <u>Cards &amp; Coloring</u>	<u>2:30pm</u> <u>Tyvola</u> <u>High Intensity</u>
	<u>2:30pm</u> <u>David B. Waymer</u> <u>Line Dancing</u>		<u>1pm</u> <u>Tyvola</u> <u>Gentle Yoga</u>	<u>2:30pm</u> <u>Tyvola</u> <u>Popcorn &amp; A Point</u>
			<u>2:15pm</u> <u>Tyvola</u> <u>Chair Yoga</u>	<u>2:30pm</u> <u>Tyvola</u> <u>Popcorn &amp; A Point</u>
			<u>4:30pm</u> <u>Tyvola</u> <u>Fall F(r)amily</u> <u>Forum</u>	<u>3pm</u> <u>Tyvola</u> <u>Mike's Bingo</u>