

Seniors Fall Schedule Fitness/Recreational Schedule

September 6th- December 21st, 2025

Day	Activity	Capacity	Time	Location	Notes
Monday	A Tech 101	10 People	9:00 am – 10:30 am	Activity Room 4	Adele
	South Asian – Social	15 People	10:30 am – 12:30 pm	Activity Room 4	
	A Whole Body Fitness	40 People	10:00 am – 11:00 am	Gym	Lisa
	A Tai Chi	25 People	11:15 am – 12:15 pm	Gym	Betty
	A Sit & Fit	40 People	12:30 pm – 1:15 pm	Gym	Patti
	A Dance & Move	40 People	1:30 pm – 2:30 pm	Gym	Donna
	Italian Association - Bingo	20 People	1:00 pm – 4:00 pm	Conference Room	
Tuesday	B Pickle Ball	30 People	8:30 am – 10:30 am	Gym	WSNCC
	Congregate Dining Program	40 People	10:00 am – 2:00 pm	Activity Room 1 & 2	
	A Chair Yoga	30 People	11:00 am – 12:00 pm	Gym	Svetlana
	B Euchre	20 People	12:00 pm – 2:30 pm	Conference Room	
Wednesday	B Game Day	20 People	9:00 am – 11:00 am	Conference Room	
	A Core Balance	25 People	10:00 am – 11:00 am	Gym	Rika
	B Bridge	20 People	11:30 am – 2:30 pm	Conference Room	
	A Strength & Stability	25 People	12:15 pm – 1:15 pm	Activity Room 1 & 2	Svetlana
	B Badminton	30 People	12:30 pm – 2:30 pm	Gym	WSNCC
	A Tone The Body	30 People	1:30 am – 2:30 pm	Activity Room 1 & 2	Donna
Thursday	A Sit & Fit	40 People	10:00 am – 11:00 am	Gym	Patti
	A Osteo Fit	25 People	11:15 am – 12:15 pm	Gym	Patti
	B Bid Euchre	20 People	12:00 pm – 2:30 pm	Conference Room	
	A Mat Yoga	10 People	1:00 pm – 1:50 pm	Gym	Svetlana
	A Chair Pilates	25 People	2:00 pm – 2:45 pm	Gym	Svetlana
	South Asian Seniors Club	20 People	5:00 pm – 8:00 pm	Conference Room	Zarin
Friday	B Crafts	15 People	9:00 am – 11:30 am	Activity Room 3	
	A Cardio Dance & Weights	25 People	10:00 am – 11:00 am	Activity Room 1 & 2	Rika
	A Gentle Fitness & Stretch	25 People	11:15 am – 12:15 pm	Activity Room 1 & 2	Rika
	B Cribbage	12 People	11:30 am – 2:00 pm	Activity Room 3	
	A Get Fit & Move	25 People	12:30 pm – 1:30 pm	Activity Room 1 & 2	Donna
	Italian Association - Bingo	20 People	1:00 pm – 4:00 pm	Conference Room	
Saturday	B South Asian Seniors	35 People	11:00 am – 3:00 pm	Conference Room	Zarin
	A Community Fitness	30 People	10:00 am – 10:45 am	Activity Room 1 & 2	Lisa
	A Community Fitness	30 People	11:00 am – 11:45 am	Activity Room 1 & 2	Lisa
	B Badminton	30 People	10:00 am – 12:00 pm	Gym	SAS
	B Badminton	30 People	12:00 pm – 2:00 pm	Gym	
	B Pickle Ball	30 People	2:00 pm – 4:00 pm	Gym	WSNCC
Sunday	B Pickle Ball	30 People	9:00 am – 11:00 am	Gym	

Seniors Fall – Swimming Pool Schedule September 6th- December 21st, 2025

Day	Activity	Capacity	Time	Cost	Notes
Monday	Lane Swim	8 People	9:00 am – 10:00 am	Included in membership	Seniors Members
	Recreation Swim	25 People	10:30 am – 11:30 am	Included in membership	Seniors Members
	Female Only Swim	25 People	5:30 pm – 6:30 pm	FREE	Community Members
	Open Swim	25 People	7:00 pm – 8:00 pm	FREE	Community Members
	Lane Swim	25 People	8:00 pm – 8:45 pm	FREE	Community Members
Tuesday	Aquafit	25 People	9:00 am – 9:45 am	Included in membership	Patti
	Recreation Swim	25 People	11:00 am – 12:00 pm	Included in membership	Seniors Members
	Open Swim	25 People	12:00 pm – 1:00 pm	FREE	Community Members
Wednesday	Aquafit	25 People	9:00 am – 9:45 am	Included in membership	Rika
	Lane Swim	8 People	10:00 am – 10:45 am	Included in membership	Seniors Members
	Recreation Swim	25 People	11:00 am – 12:00 pm	Included in membership	Seniors Members
	Open Swim	25 People	7:00 pm – 8:00 pm	FREE	Community Members
	Lane Swim	25 People	8:00 pm – 8:45 pm	FREE	Community Members
Thursday	Aquafit	25 People	9:00 am – 9:45 am	Included in membership	Patti
	Recreation Swim	25 People	11:00 am – 12:00 pm	Included in membership	Seniors Members
	Open Swim	25 People	12:00 pm – 1:00 pm	FREE	Community Members
Friday	Lane Swim	8 People	9:00 am – 10:00 am	Included in membership	Seniors Members
	Recreation Swim	25 People	10:30 am – 11:30 am	Included in membership	Seniors Members
	Open Swim	25 People	7:00 pm – 8:00 pm	FREE	Community Members
	Lane Swim	25 People	8:00 pm – 8:45 pm	FREE	Community Members
Saturday	Open Swim	25 People	3:00 pm – 4:00 pm	FREE	Community Members
Sunday	Open Swim	25 People	1:30 pm – 3:30 pm	FREE	Community Members

Seniors Recreation swim will be available for leisure swim.

*Lane swim times are restricted for lane swimmers **ONLY**.*

*Open Swim is available to **ALL** members of the community*

One Aquafit class is included in the membership. If members would like to sign up for an additional Aquafit class, you will be put on a waiting list until all registrations have been completed.

(All participants must register for each program.

Schedule subject to change based on space availability for events/luncheons.)