

**Hays Senior Center
Regular Weekly Schedule
February 2012**

* New or Changed
This Month

New & Chg	Day	Start	AM PM	End	AM PM	Activity	Location	Activity Type	Instructor
	Monday	0:00	AM	0:00	PM	Computer Classes-Variou s Days/Times-Check in Office	Computer Lab	Class	
	Monday	7:00	AM	8:00	AM	Swimming - (\$130 Members Only)	Pool - B	Activity	
	Monday	8:00	AM	4:00	PM	Board Games - Chess, Checkers, Dominoes	Game Room	Game	Overflow-Activity 1A
	Monday	8:00	AM	4:00	PM	Cards - All Games	Game Room	Game	Overflow-Activity 1A
	Monday	8:00	AM	1:00	PM	Ceramics - Misc.	Arts & Crafts	Class	Ruth Scarborough
	Monday	8:00	AM	4:00	PM	Puzzles	Activity - 1 B	Activity	
	Monday	8:00	AM	4:15	PM	Swimming - (All Members)	Pool - B	Activity	
	Monday	8:00	AM	9:30	AM	Exercise - Yoga	Exercise - A & B	Class	Liz Sniff
	Monday	8:45	AM	9:45	AM	Water Aerobics	Pool - A	Class	
	Monday	9:00	AM	10:00	AM	Chair Volley Ball	Ballroom B	Class	Susan & Angela
	Monday	10:00	AM	11:00	AM	Dance Practice-Line Dancers	Ballroom A	Activity	Ann Cother
	Monday	10:00	AM	2:00	PM	Cards With Artis	Card Room	Class	Artis Boykin
	Monday	10:15	AM	11:15	AM	Water Aerobics	Pool - A	Class	Dorris Kresse
	Monday	10:45	AM	11:45	AM	Exercise - Fitness	Exercise - A & B	Class	Henry Hawk
	Monday	12:00	PM	1:30	PM	Exercise - Yoga	Exercise - A & B	Class	Oksana Cartwright
	Monday	1:30	PM	2:30	PM	Spanish - 101	Activity - 2	Class	Judy Nesbitt
*	Monday	2:00	PM	3:00	PM	Exercise-Zumba	Ballroom A & B	Class	Susan & Angela
	Monday	1:00	PM	3:00	PM	Art - Acrylic Painting	Arts & Crafts	Class	Margarett Hinson
	Monday	1:00	PM	4:00	PM	Music - Acoustical Country Jam Session	Meeting Room	Activity	Everyone Welcome
	Monday	3:00	PM	4:00	PM	Water Aerobics	Pool - A	Class	Barbara Koros
	Monday	4:30	PM	5:30	PM	Exercise - Tai Chi	Exercise - A	Class	Jeremy Hans
	Monday	4:30	PM	7:45	PM	Swimming - (\$130 Members Only)	Pool - B	Activity	
	Monday	5:00	PM	6:00	PM	Exercise - Power Walking (Video)	Exercise - B	Activity	Self-Taught
	Monday	5:30	PM	6:30	PM	Water Aerobics (\$130 Members Only)	Pool - A	Class	Members
	Monday	6:00	PM	7:00	PM	Exercise - Misc. (Video) \$130 Members Only	Exercise - A	Activity	Self-Taught
	Tuesday	7:00	AM	8:00	AM	Swimming - (\$130 Members Only)	Pool - B	Activity	
*	Tuesday	7:15	AM	7:45	AM	Water Dancing (\$130 Members Only)	Pool - B	Activity	Susan Russell
	Tuesday	8:00	AM	10:00	AM	Board Games - Chess, Checkers, Dominoes	Game Room	Game	Overflow-Activity 1A
	Tuesday	8:00	AM	10:00	AM	Cards - All Games	Game Room	Game	Overflow-Activity 1A
	Tuesday	8:00	AM	4:00	PM	Puzzles	Activity - 1 B	Activity	
	Tuesday	8:00	AM	4:15	PM	Swimming - (All Members)	Pool - B	Activity	
	Tuesday	8:45	AM	9:45	AM	Water Aerobics	Pool - A	Class	
	Tuesday	9:00	AM	10:00	AM	Chair Volley Ball	Ballroom A	Class	Susan & Angela
	Tuesday	9:00	AM	10:00	AM	Exercise - P.A.C.E. - Low-Impact Arthritis	Ballroom - A	Activity	Ethel Baker
	Tuesday	9:00	AM	12:00	N	Wellness Center	Meeting Room	Activity	Baptist Health

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	Tuesday	9:30	AM	10:30	AM	Exercise - Tai Chi Free class - Advanced	Exercise - A	Class	June Brown
	Tuesday	10:00	AM	11:00	AM	Dance Practice - Line Dancers	Ballroom - A	Activity	Peggy Brown
	Tuesday	10:00	AM	3:00	PM	Cards - Bridge	Game Room	Game	Overflow-Activity 1A
	Tuesday	10:00	AM	3:00	PM	Cards - Pinochle (Single Deck)	Activity - 2	Game	Everyone Welcome
	Tuesday	10:00	AM	11:00	AM	Craft - Making Coke Tab Purse	Arts & Crafts	Class	Angela Wirt
	Tuesday	10:00	AM	11:00	AM	Exercise - Walking off the Pounds (Video)	Exercise - B	Activity	Self-Taught
	Tuesday	10:00	AM	11:00	AM	Travel Club every 4th TUESDAY	Library	Activity	Carol Bajorek
	Tuesday	10:15	AM	11:15	AM	Water Aerobics	Pool - A	Class	Dorris Kresse
	Tuesday	10:30	AM	11:30	AM	Exercise - Tai Chi Free Class - Beginner	Exercise - A	Class	June Brown
	Tuesday	12:00	PM	1:00	PM	Bean Bag Baseball	Exercise - A	Activity	Members
	Tuesday	1:00	PM	2:00	PM	Book Club 1st Tuesday Month	Meeting Room	Class	Alice Wicliffe
	Tuesday	1:00	PM	2:00	PM	Exercise -Zumba Gold (Exercise/Dance to Latin Beat)+B	Ballroom - A	Class	Lasa
	Tuesday	2:00	PM	3:00	PM	Water Aerobics	Pool - A	Class	Judy Wallis
	Tuesday	4:30	PM	7:45	PM	Swimming - (\$130 Members Only)	Pool - B	Activity	
	Tuesday	5:30	PM	6:30	PM	Water Aerobics (\$130 Members Only)	Pool - A	Class	June Tarkington
	Tuesday	6:00	PM	7:00	PM	Exercise - Misc. (Video) \$130 Members Only	Exercise - B	Activity	Self-Taught
	Wednesday	7:00	AM	8:00	AM	Swimming - (\$130 Members Only)	Pool - B	Activity	
*	Wednesday	7:15	AM	7:45	AM	Water Dancing (\$130 Members Only)	Pool - B	Activity	Susan Russell
	Wednesday	8:00	AM	9:00	AM	Zumba Gold	Ballroom A & B	Activity	Care Link
	Wednesday	8:00	AM	4:00	PM	Board Games - Chess, Checkers, Dominoes	Game Room	Game	Overflow-Activity 1A
	Wednesday	8:00	AM	4:00	PM	Cards - All Games	Game Room	Game	Overflow-Activity 1A
	Wednesday	8:00	AM	9:00	AM	Piano Lessons - Beginner	Meeting Room	Class	Bernadine Oliver
	Wednesday	8:00	AM	4:00	PM	Puzzles	Activity - 1 B	Activity	
	Wednesday	8:00	AM	4:15	PM	Swimming - (All Members)	Pool - B	Activity	
	Wednesday	8:00	AM	9:30	AM	Exercise - Yoga	Exercise - A & B	Class	Liz Sniff
	Wednesday	8:45	AM	9:45	AM	Water Aerobics	Pool - A	Class	
	Wednesday	9:00	AM	10:00	AM	Depression Screening by Inspiration 2nd Wed. monthly	Activity 2	Class	Katy Russell
	Wednesday	9:00	AM	10:00	AM	Piano Lessons - Advanced	Meeting Room	Class	Bernadine Oliver
	Wednesday	9:00	AM	10:00	AM	Chair Volley Ball	Ballroom A	Activity	Susan & Angela
*	Wednesday	10:00	AM	11:00	AM	Dance Practice - Line Dancers	Ballroom - A	Activity	Peggy Brown
	Wednesday	10:00	AM	11:00	AM	Exercise - Peppi Bands - Mild Strength/Balance	Meeting Room	Activity	Susan & Angela
	Wednesday	10:00	AM	2:00	PM	Cards With Artis	Card Room	Class	Artis Boykin
	Wednesday	10:15	AM	11:15	AM	Water Aerobics	Pool - A	Class	Dorris Kresse
	Wednesday	10:45	AM	11:45	AM	Exercise - Fitness	Exercise - A	Class	Henry Hawk
	Wednesday	11:00	AM	11:30	AM	Lunch - Box Lunches Available	Ballroom - B	Activity	Modenia White

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	Wednesday	12:00	N	2:00	PM	Dance Class - Ballroom/Swing	Ballroom - A	Class	Grover Irving
	Wednesday	1:00	PM	3:00	PM	Knitting Group - Beginners welcome	Arts & Crafts	Activity	Members
	Wednesday	1:00	PM	2:00	PM	Water Aerobics	Pool - A	Class	Lea Williams
	Wednesday	2:00	PM	3:00	PM	Singing - Gospel Songs	Ballroom - A	Activity	Members
	Wednesday	3:00	PM	4:00	PM	Water Aerobics	Pool - A	Class	Barbara Koros
	Wednesday	4:30	PM	7:45	PM	Swimming - (\$130 Members Only)	Pool - B	Activity	
	Wednesday	5:00	PM	6:00	PM	Exercise - Power Walking (Video)	Exercise - B	Activity	Self-Taught
	Wednesday	5:30	PM	6:30	PM	Water Aerobics (\$130 Members Only)	Pool - A	Class	Members
	Wednesday	6:00	PM	7:00	PM	Exercise - Misc. (Video) \$130 Members Only	Exercise - A	Activity	Self-Taught
	Thursday	7:00	AM	8:00	AM	Swimming - (\$130 Members Only)	Pool - B	Activity	
	Thursday	8:00	AM	10:00	AM	Board Games - Chess, Checkers, Dominoes	Game Room	Game	Overflow-Activity 1A
	Thursday	8:00	AM	10:00	AM	Cards - All Games	Game Room	Game	Overflow-Activity 1A
	Thursday	8:00	AM	12:00	PM	Crafts - Quilting	Arts & Crafts	Activity	Members
	Thursday	8:00	AM	4:00	PM	Puzzles	Activity - 1 B	Activity	
	Thursday	8:00	AM	4:15	PM	Swimming - (All Members)	Pool - B	Activity	
	Thursday	8:45	AM	9:45	AM	Water Aerobics	Pool - A	Class	
	Thursday	9:00	AM	10:00	AM	Exercise - P.A.C.E. - Low-Impact Arthritis	Ballroom - A	Activity	Bernice Henderson
	Thursday	9:00	AM	1:00	AM	Safe Driving-Every 3rd Thurs. \$12.00 - \$14.00 Fee	Meeting Room	Class	AARP
	Thursday	10:00	AM	3:00	PM	Cards - Bridge	Game Room	Game	Overflow-Activity 1A
	Thursday	10:00	AM	11:00	AM	Exercise -Zumba Gold (Exercise/Dance to Latin Beat)	Ballroom - A & B	Class	Susan & Angela
	Thursday	10:00	AM	11:00	AM	Exercise - Walking off the Pounds (Video)	Exercise - B	Activity	Self-Taught
	Thursday	10:00	AM	11:00	AM	Grief Support every 3rd Thursday	Activity - 2	Activity	Audrey Burks
	Thursday	10:00	AM	11:00	AM	Weight Loss & Control 1st, 2nd & 4th Thurs.	Activity- 2	Activity	Robert Barnes
	Thursday	10:00	AM	11:00	AM	Weight Loss & Control 3rd Thurs.	Exercise - A	Activity	Robert Barnes
	Thursday	10:15	AM	11:15	AM	Water Aerobics	Pool - A	Class	Dorris Kresse
	Thursday	11:00	AM	11:30	AM	Lunch - Box Lunches Available	Ballroom - B	Activity	Modenia White
	Thursday	11:30	AM	1:00	PM	Exercise - Yoga	Exercise - A & B	Class	Oksana Cartwright
	Thursday	12:00	PM	1:00	PM	Bean Bag Baseball	Ballroom - A	Activity	Members
	Thursday	1:00	PM	3:00	PM	Beading Bee	Meeting Room	Activity	Susan Russell
	Thursday	1:45	PM	2:45	PM	Bingo	Activity - 2	Activity	Joe Skretkowicz
	Thursday	2:00	PM	3:00	PM	Water Aerobics	Pool - A	Class	Judy Wallis
	Thursday	4:30	PM	7:45	PM	Swimming - (\$130 Members Only)	Pool - B	Activity	
	Thursday	5:30	PM	6:30	PM	Water Aerobics (\$130 Members Only)	Pool - A	Class	June Tarkington
	Thursday	6:00	PM	7:00	PM	Exercise - Misc. (Video) \$130 Members Only	Exercise - A	Activity	Self-Taught

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	Friday	7:00	AM	8:00	AM	Swimming - (\$130 Members Only)	Pool - B	Activity	
	Friday	8:00	AM	4:00	PM	Board Games - Chess, Checkers, Dominoes	Game Room	Game	Overflow-Activity 1A
	Friday	8:00	AM	4:00	PM	Cards - All Games	Game Room	Game	Overflow-Activity 1A
	Friday	8:00	AM	4:00	PM	Puzzles	Activity - 1 B	Activity	
	Friday	8:00	AM	4:15	PM	Swimming - (All Members)	Pool - B	Activity	
	Friday	9:00	AM	10:00	AM	Exercise - Pace	Ballroom - A	Activity	Liz Sniff
	Friday	10:00	AM	12:00	N	Cards - Pinochle (Double Deck)	Game Room	Game	Overflow-Activity 1A
	Friday	10:00	AM	11:00	AM	Dance Class - Beginner Line Dance Video	Ballroom - A	Class	Loletha Wilkins
	Friday	10:00	AM	11:00	AM	Exercise - Peppi Bands - Mild Strength/Balance	Meeting Room	Class	Susan & Angela
	Friday	10:15	AM	11:15	AM	Water Aerobics	Pool - A	Class	Dorris Kresse
	Friday	12:00	PM	2:00	PM	Water Aerobics - Not Available - Pool Closed	Pool - A	Maint	Maintenance
	Friday	1:00	PM	2:00	PM	Exercise -Zumba Gold (Exercise/Dance to Latin Beat)	Ballroom - A & B	Class	Lasa
	Friday	1:00	PM	3:00	PM	Knitting Group - Beginners welcome	Arts & Crafts	Activity	Members
	Friday	1:00	PM	4:00	PM	Music - Electronic Jam Session	Meeting Room	Activity	Everyone Welcome
	Friday	2:00	PM	4:30	PM	Swimming - Not Available - Pool Closed	Pool - B	Maint	Maintenance
	Friday	3:00	PM	4:00	PM	Water Aerobics	Pool - A	Class	Alf Koros
	Friday	4:30	PM	7:45	PM	Swimming - (\$130 Members Only)	Pool - B	Activity	
	Friday	5:30	PM	6:30	PM	Water Aerobics (\$130 Members Only)	Pool - A	Class	Members
	Friday	6:00	PM	7:00	PM	Exercise - Misc. (Video) \$130 Members Only	Exercise - A	Activity	Self-Taught
	Saturday	7:00	AM	9:00	AM	Swimming - (\$130 Members Only)	Pool - B	Activity	
	Saturday	8:00	AM	9:00	AM	Water Aerobics (\$130 Members Only)	Pool - A	Class	June Tarkington
	Saturday	9:00	AM	12:45	PM	Swimming - (All Members)	Pool - B	Activity	
	Saturday	9:15	AM	10:15	AM	Water Aerobics	Pool - A	Class	Pat Jackson
	Saturday	10:00	AM	11:00	AM	Weight Loss & Control	Activity - 2	Class	Robert Barnes
	Saturday	10:00	AM	11:00	AM	Exercise - Power Walking (Video)	Exercise - B	Activity	Self-Taught
	Sunday	12:00	N	2:00	PM	Swimming - (\$130 Members Only)	Pool - B	Activity	
	Sunday	2:00	PM	4:45	PM	Swimming - (All Members)	Pool - B	Activity	