

# ***NORTHBRIDGE***

# ***SENIOR CENTER***

## **Weekly Programs**

**2017**

|                  |                             |                               |                                     |                          |  |                      |   |
|------------------|-----------------------------|-------------------------------|-------------------------------------|--------------------------|--|----------------------|---|
| <b>MONDAY</b>    | <b>BILLIARDS</b><br>All Day | <b>CHAIR YOGA</b><br>10:00    | <b>COLORING CLUB</b><br>1:00        | <b>MAHJONG</b><br>1:00   | <b>BOWLING<br/>(first &amp; third)</b><br>1:00 @ Sparetime | <b>BINGO</b><br>1:00 | <b>AQUA EXERCISE</b><br>1:00 @ Whitin Gym |
| <b>TUESDAY</b>   | <b>BILLIARDS</b><br>All Day | <b>SHUFFLEBOARD</b><br>9:00   | <b>TAI CHI</b><br>10:45             | <b>SCRABBLE</b><br>12:45 | <b>POKENO</b><br>1:00                                      |                      |   |
| <b>WEDNESDAY</b> | <b>BILLIARDS</b><br>All Day | <b>BILLARD LEAGUE</b><br>9:00 | <b>LOW IMPACT AEROBICS</b><br>10:15 | <b>MAHJONG</b><br>1:00   | <b>TAP CLASS</b><br>3:00                                   |                      |   |
| <b>THURSDAY</b>  | <b>BILLIARDS</b><br>All Day | <b>CRAFTS</b><br>9:30         | <b>CHAIR YOGA</b><br>10:00          | <b>CRIBBAGE</b><br>1:00  |  |                      |   |

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| <b>FRIDAY</b> | <b>BILLIARDS</b><br>All Day | <b>PAINTING</b><br>9:00 | <b>STRETCH &amp;<br/>STRENGTHEN</b><br>10:15 |  |  |  |  |
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