

### Abington Senior Community Center Scheduled Activities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TIME					
9:00 AM	Discussion Group 9:30 – 11:00 AM Main Hall	Discussion Group 9:30 – 11:00 AM Main Hall	Discussion Group 9:30 – 11:00 AM Main Hall	Discussion Group 9:30 – 11:00 AM Main Hall	Discussion Group 9:30 – 11:00 AM Main Hall
	Forever Young (Exercise) 9:30-10:15 AM Exercise Room <b>\$2</b>	Yoga 9:00 -10:00 AM Exercise Room <b>\$5</b>	Forever Young (Exercise) 9:30-10:15 AM Exercise Room <b>\$2</b>	Tai -Chi (Beginners) 9:00-10:00 AM Exercise Room <b>\$5</b>	Forever Young (Exercise) 9:30-10:15 AM Exercise Room <b>\$2</b>
	Qigong 9:30 - 10:30AM Conference Room <b>\$5</b>	Bridge Club 9:45-12:30 PM Conference Room		Bridge Club 9:30am-12:30pm Conference Room	
10:00 AM	Forever Young (Exercise) 10:15-11:00 AM Exercise Room <b>\$2</b>	Tai Chi (Intermediate) 10:00- 11:00 AM Exercise Room <b>\$5</b>	Forever Young (Exercise) 10:15-11:00 AM Exercise Room <b>\$2</b>	Tai Chi (Intermediate) 10:00- 11:00 AM Exercise Room <b>\$5</b>	Forever Young (Exercise) 10:15-11:00 AM Exercise Room <b>\$2</b>
	Bingo 10:30-11:30 AM Conference Room		Bingo 10:30-11:30 AM Conference Room	Yoga 10:00 -11:00 AM Exercise Room <b>\$5</b>	Howard AAA Rep. 3rd Friday Conference Room
11:00 AM	Yoga 11:15 - 12:15 PM  <b>\$5</b>	Tai Chi (Advanced) 11:00-12:00 PM Exercise Room <b>\$5</b>		Tai Chi (Advanced/Interm) 11:00-12:00 PM Exercise Room <b>\$5</b>	Arts for Life <b>*March 13th</b> 11 – 12 PM Main Hall
				Walking Club	
12:00 PM	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
		Scrabble 12:30 to 3:00 PM Conference Room			
1:00 PM	Needle Craft Class 1:00 - 2:30 PM Conference Room	Growing Stronger (Exercise) 1:00 – 2:00 PM Exercise Room	Mahjongg 1:00 – 3:00 PM Conference Room	Growing Stronger (Exercise) 1:00 – 2:00 PM Exercise Room	Mahjongg Instruction 1:00 - 3:00 PM Conference Room
	Cards/Pinochle/Bridge 1:00 - 3:00 PM Main Hall	Cards/Bridge 1:00 - 3:00 PM Main Hall	Cards/Pinochle/Bridge 1:00 - 3:00 PM Main Hall	Cards/Bridge 1:00 - 3:00 PM Main Hall	Cards/Pinochle/Bridge 1:00 - 3:00 PM Main Hall
		Oil Painting Class <b>(10 wk/\$80)</b> 1:00 – 3:00 PM Main Hall	Good Grief Art <b>*March 18<sup>th</sup></b> 1:00 – 3:00 PM Main Hall	Watercolor Painting 1:00 - 2:30 PM Main Hall	<b>Open 9:00 - 3:00 PM: Pool Tables, Shuffleboard, Bike, and Treadmills</b>