



# Peoria Active Adult Program

Peoria Community Center  
 8335 W. Jefferson St.  
 Peoria, AZ 85345  
 623-773-7436

Activities are subject to change. Please call to confirm. See our At Your Leisure newsletter for details.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:00 am Coffee &amp; Socializing</p> <p>▲ 7:45 am SilverSneakers CardioFit</p> <p>9:00 am Mexican Train Dominoes</p> <p>▲ *9:00 am Chair Yoga</p> <p>▲ *10:15 am Sit &amp; Fit</p> <p>12:30 pm Mah Jong</p> <p>9:30 am Line Dance 1 \$5.00/class</p> <p>11:45 am Lunch \$3.00 for 60+/\$5 for under</p> <p>12:30 pm Duplicate Bridge</p> <p>1:00 pm Canasta</p>	<p>8:00 am Coffee &amp; Socializing</p> <p>▲ 8:00 am Zumba</p> <p>9:00 am Busy Bee Crafters</p> <p>▲ 9:00 am Tai Chi</p> <p>10:00 am Line Dance II \$5.00/class</p> <p>11:45 am Lunch \$3.00 for 60+/\$5 for under</p> <p>12:30 pm Bingo \$0.25/card \$0.50/coverall</p> <p><i>* Indicates new class and or new time</i></p>	<p>8:00 am Coffee &amp; Socializing</p> <p>▲ 7:45 am SilverSneakers CardioFit</p> <p>▲ 8:45 am Sit &amp; Fit</p> <p>▲ *9:45 am Restorative Yoga</p> <p>9:00 am Mexican Train Dominoes</p> <p>9:30 am Line Dance II \$5.00/class</p> <p>11:45 am Lunch \$3.00 for 60+/\$5 for under</p> <p>12:30 pm Stitchers' Club</p> <p>12:30 pm Social Bridge</p> <p>12:30 pm Euchre</p>	<p>8:00 am Coffee &amp; Socializing</p> <p>8:00 am Brown Bag</p> <p>▲ 8:00 am Zumba</p> <p>▲ 9:00 am Walk Fitness</p> <p>10:45 am Grab Bag Bingo FREE</p> <p>11:45 am Lunch \$3.00 for 60+/\$5 for under</p> <p>12:30 pm Scrabble</p> <p>12:30 pm Open Cards</p> <p>1:00 pm Pinochle</p> <p><i>*New Classes &amp; Times are effective as of March 04, 2019</i></p>	<p>8:00 am Coffee &amp; Socializing</p> <p>▲ 8:00 am SilverSneakers CardioFit</p> <p>▲ 9:00 am Sit &amp; Fit OPTUM/SilverSneakers/ Silver &amp; Fit = Free Non-members \$1.50/class</p> <p>11:45 am Lunch \$3.00 for 60+/\$5 for under</p> <p>12:30 pm Bingo \$0.25/card \$0.50/coverall</p> <p>12:30 pm Hand &amp; Foot</p>

**IN ADDITION TO THE LISTED ACTIVITES:**  
 Check out a variety of games for Wii and Xbox, including Kinect skiing and Wii bowling.  
 The pool table is up and running in the GAME ROOM. Must be at least 18 to play.

**SATURDAYS**  
**Zumba and Core**  
**Strength Training**  
**8:00 am**  
**\$1.50/class**  
*This class available EVERY Saturday with the exception of holidays*



**RENEW, Sliver&Fit, and SilverSneakers now available at the Peoria Community Center**



Fitness Classes provided at NO COST to OPTUM & SilverSneakers Members (Line Dance not included)  
**SILVERSNEAKERS CLASSES STILL AVAILABLE TO NON-MEMBERS AT THE COST OF \$1.50/CLASS**

