

**Hays Senior Center  
Regular Weekly Schedule  
July 2010**

\* New or Changed  
This Month

New	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	8:30	AM	9:30	AM	Exercise - Yoga	Exercise - B	Class	Liz Sniff
	Monday	8:45	AM	9:45	AM	Water Aerobics	Pool - A	Class	Pat Jackson
	Monday	10:00	AM	11:00	AM	Dance Practice - Advanced Line	Ballroom - A	Class	Ann Cother
	Monday	10:00	AM	11:00	AM	Diabetic Support Group	Activity - 2	Class	Joe Savoy
	Monday	10:15	AM	11:15	AM	Water Aerobics	Pool - A	Class	Dorris Kresse
	Monday	10:45	AM	11:45	AM	Exercise - Fitness (\$15 /mo = 2 class a week)	Exercise - A	Class	Henry Hawk
	Monday	1:00	PM	3:00	PM	Art - Acrylic Painting	Arts & Crafts	Class	Robert Martin
	Monday	1:00	PM	2:00	PM	Exercise -Zumba Gold (Exercise/Dance to Latin Beat)+B	Ballroom - A	Class	Care Link
	Monday	1:00	PM	3:00	PM	Music - Acoustical Country Jam Session	Meeting Room	Activity	Everyone Welcome
	Monday	1:00	PM	2:00	PM	Spanish - 101	Activity - 2	Class	Self-Taught
	Monday	3:00	PM	4:00	PM	Water Aerobics	Pool - A	Class	Barbara Koros
	Monday	4:30	PM	5:30	PM	Exercise - Tai Chi (\$25/mo)	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	Norma Swearingen
	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	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	8:30	AM	1:00	PM	Cooking - Men's Club (1st & 3rd)	Kitchen	Activity	Richard Behra
	Tuesday	8:45	AM	9:45	AM	Water Aerobics	Pool - A	Class	Pat Jackson
	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
	Tuesday	9:30	AM	11:30	AM	Exercise - Tai Chi Free class	Exercise - A	Class	Carroll McKinney
	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

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*	Tuesday	10:00	AM	11:00	AM	Craft - Making Coke Tab Purse (starts July 13th)	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	11:00	AM	1:00	PM	Cooking - Dining/Program - Men's Club (1st & 3rd)	Ballroom - B	Activity	Richard Behra
	Tuesday	1:30	PM	3:30	PM	Art - Watercolor Painting	Arts & Crafts	Class	Will Parker
	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
	Tuesday	12:00	PM	1:00	PM	Bean Bag Baseball	Ballroom - A	Activity	Members
	Wednesday	7:00	AM	8:00	AM	Swimming - (\$130 Members Only)	Pool - B	Activity	
	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	8:30	AM	9:30	AM	Exercise - Yoga	Exercise - B	Class	Liz Sniff
	Wednesday	8:45	AM	9:45	AM	Water Aerobics	Pool - A	Class	Pat Jackson
	Wednesday	9:00	AM	10:00	AM	Exercise - Peppi Bands	Ballroom - A	Activity	Care Link
	Wednesday	9:00	AM	10:00	AM	Piano Lessons - Advanced	Meeting Room	Class	Bernadine Oliver
*	Wednesday	10:00	AM	11:00	AM	Dance Practice-Line Dancers	Ballroom - A	Activity	Peggy Brown
	Wednesday	10:15	AM	11:15	AM	Water Aerobics	Pool - A	Class	Dorris Kresse
	Wednesday	10:45	AM	11:45	AM	Exercise - Fitness (\$15 /mo = 2 class a week)	Exercise - A	Class	Henry Hawk
	Wednesday	11:00	AM	11:30	AM	Lunch - Box Lunches Available	Ballroom - B	Activity	Barbara Kresse
	Wednesday	12:00	N	2:00	PM	Dance Class - Ballroom/Swing +B	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	Norma Swearingen
	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	

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	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	Pat Jackson
	Thursday	9:00	AM	10:00	AM	Exercise - P.A.C.E. - Low-Impact Arthritis	Ballroom - A	Activity	Ethel Baker
	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	Coaches-Lifestyle/Weight Loss every 4th Thursday	Activity - 2	Study	UAMS Research
	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	10:15	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	Barbara Kresse
	Thursday	11:30	AM	12:30	PM	Quiz Bowl - Trivia Games	Ballroom - B	Activity	Brenda Glover
	Thursday	1:30	PM	3:30	PM	Art - Beginner Drawing	Arts & Crafts	Class	Will Parker
	Thursday	1:30	PM	3:30	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	3:00	PM	4:00	PM	Sign Language Class	Activity - 2	Class	D.J. Krauskop
	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
	Thursday	7:00	PM	10:00	PM	Dance-Open to Public (3rd Thursday or as posted) +B	Ballroom - A	Activity	NLR Dance Comm.
	Thursday	12:30	PM	1:30	PM	Bean Bag Baseball	Ballroom - A	Activity	Members
	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	Meeting Room	Class	Care Link
	Friday	10:15	AM	11:15	AM	Water Aerobics	Pool - A	Class	Dorris Kresse
	Friday	12:00	N	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) +B	Ballroom - A	Class	Care Link

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	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	Norma Swearingen
	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	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	