

## Activities Descriptions

Advance Dance – This class will be more challenging and rewarding at the same time.

Aqua Yoga – Join our Aqua Yoga class where the principles of Yoga and Water Aerobics are combined into one great workout.

Arthritis Swim Therapy – This WARM WATER exercise program supports activities of daily living to include better agility and balance.

Arts & Crafts – Feeling Artistic? Come color, paint, build models, etc.

Bingo – Join the fun and win prizes!

Chair Yoga – A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support.

Computer Literacy – Learn how to use computers, laptops, and smart phones. This class provides basic computer and phone use skills.

Crochet Lessons – Learn how to create textiles by using a crochet hook to interlock loops of yarn.

Game Time – Bring a friend and enjoy our variety of games! Games include Bridge, Mah Jong, Rummikub, Scrabble, Chess, Dominoes, etc.)

Intermediate Dance – This class is for the more experienced dancers that can move at a faster pace.

Line Dancing – You don't have to be a professional to dance with us! This choreographed dance class is for everyone.

Puzzle Time – Large selection of puzzles are provided.

Quilting Lessons – Learn how to create quilts by stitching manually using a needle and thread or sewing machine.

Walking – Join us for a light walk around Lake Mayer and enjoy our beautiful scenery.