

Senior Activities @ Lake Mayer Community Center

SPRY classes are donation-based.

You are not required to give a donation.

All proceeds will go to Edel Caregiver Institute.

*Aqua Yoga

The principles of yoga and water aerobics are combined into one great workout.



*Arthritis Swim Therapy

This exercise program supports activities of daily living to include better agility and balance.

Arts & Crafts

Feeling artistic? Come color, paint, build models, etc. **You may bring your own art materials.**



*Seniors in Motion

This low impact toning class combines movement and light weights. This class will help improve balance, coordination, and strength.

If you have light weights please bring them.



Games

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



Puzzles

A selection of puzzles and crossword books are provided. **You may bring your own puzzle materials.**



*Chair + Mat Yoga

This class is designed to increase strength, flexibility, balance, and concentration.

Participant should have the ability to get up and down from the floor with or without assistance from the chair. **Yoga mat is required.**

*Intermediate Dance

This dance class is for the more experienced dancers who can move at a faster pace.



*Quilting

Learn how to create quilts by stitching manually using a needle and thread or sewing machine **OR** bring your own quilting materials and join us.

Events/Lectures

We offer art events, socials, AARP courses, and lectures that are fun and educational.



*Advance Dance

This dance class will be more challenging and rewarding at the same time.



Bingo!

Join the fun and win prizes

*Trauma Sensitive Yoga

TSY classes build awareness of the breath and physical sensations by softening the edges of rules and expectations

*Tech Thursday

Drop in for mobile device, iPad/tablet, or laptop assistance.



*Beginner Line Dancing

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



Walking Wednesday

Bring a friend for a light walk around Lake Mayer and enjoy our beautiful scenery. (meet @ the running girl)



***Instructor is present during activity**