

SENIOR PROGRAMS @ PALAMA SETTLEMENT SPRING 2022

JANUARY 10th 2022



MAY 27th 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tai Chi 2 Multi Purpose 7:45—9:00 a.m. with Amy	Tai Chi 1 Multi Purpose 7:45-9:00 a.m. with Amy	Beginner Watercolor (Hybrid Online) Library Start: Jan 12th 8:45—10:00 a.m. with Dawn \$30	Line Dance - Intermediate I Small Gym 9:00—10:00 am with Yvonne 10:00—11:00 am with Yvonne	Tai Chi 3 Multi Purpose 7:45—9:00 a.m. with Amy	Senior Aqua Aerobics Pool Time 10-11am (25 limit)
Line Dance - Beginner 2 Large Gym 9:00 - 11:00 am with Aurie	Line Dance - Beginner 1 Large Gym 9:00 - 10:00 am 10:00 - 11:00 am with Yvonne	Advanced Watercolor (Hybrid Online) Library, Start: Jan 12th 10:30 -11:45 am. with Dawn \$30	Line Dance - Beginner I Large Gym 9:00 - 10:00 a.m. 10:00 -11:00 a.m. with Aurie and Rae	Line Dance - Intermediate 2 Small Gym 9:00—11:00 a.m. with Rae and Tisha	
Line Dance - Intermediate 1 Small Gym 9:00 - 10:00 am with Yvonne 10:00 - 11:00 am with Yvonne	Line Dance - Intermediate 2 Small Gym 9:00 - 11:00 am with Rae and Tisha	Pickleball Gym 8:00 – 11:15 am	Sewing Dining Hall 9:00—11:30 a.m. with Jade	Zumba Gold Multipurpose 9:30am– 10:30am with	
Senior Aqua Aerobics Pool Time 10-11am (25 limit)	Sewing Dining Hall 9:00 - 11:30 a.m. with Jade	Senior Aqua Aerobics Pool Time 10-11am (25 limit)	Beginning Drawing (Hybrid Online) Library: Start Jan 20th 8:45 — 10 a.m. with Dawn \$30	Pickleball Gym 11:30 - 1:15pm	
	Chair Yoga Dining Hall 9:30—10:15 am with		Intermediate Watercolor Online (Hybrid Online) Library Start: Jan 20th 10:30 - 11:45 am with Dawn \$30	Senior Aqua Aerobics Pool Time 10-11am (25 limit)	
			Cooking (Once a Month) Kitchen 11:30 —1:00pm with Joan		

Registration Dates: Dec 6th, 7th, 9th, and 10th 2021. Registration cost: \$25 late registration (returning participants): \$5.00. All participants are required to wear their name tags during class and while on campus and to park behind the