Rochester Senior Activity Center February 2024

Rec.rochesternh.gov - 603-332-4120 - Like us on Facebook and Instagram

SUN		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	28-Jan 29-Ja	an 30-Jo	in 31-Jan	1	2	3
	Conf Rm 2:	Conf Rm 2:	Conf Rm 1A:	Conf Rm 1:	Conf Rm 1:	
	Quilting & Crafting 9-12pm	Veterans' Time 9-12pm	Chair Yoga 9:30am-10:30am	Tech Support 9:30am-11:30am	Mobility 10am-10:30am	
	Mah Jongg Free Play 1pm-3pm	Arena:	Chair Yoga 11am-12pm	Cribbage for Seniors 1pm-3pm	Game Day 1pm	
	Conf Rm 1A:	Early Bird Power Hour 8am-8:45am	Kundalini Yoga 6pm-7:30pm	Arena:	Arena:	
	Iyengar Yoga 6pm-7pm	Power Hour 9am-10am		Early Bird Power Hour 8am-8:45am	Zumba Gold 11am-12pm	
	Arena:			Power Hour 9am-10am	,	
	Cardio Drumming 11am-12pm					
	4		,			10
	Conf Rm 2:	Conf Rm 2:	Conf Rm 1A:	Conf Rm 1:	Conf Rm 1A:	10
				Tech Support 9:30am-11:30am		
	Quilting & Crafting 9-12pm	Veterans' Time 9-12pm	Chair Yoga 9:30am-10:30am	Cribbage for Seniors 1pm-3pm	Mobility 10am-10:30am	
	Mah Jongg Free Play 1pm-3pm	Arena:	Chair Yoga 11am-12pm	Conf Rm 2:	Conf Rm 1:	
	Conf Rm 1A:	Early Bird Power Hour 8am-8:45am	Kundalini Yoga 6pm-7:30pm	Foot clinic 11am-12pm	Game Day 1pm	
	Iyengar Yoga 6pm-7pm	Power Hour 9am-10am		Arena:	Arena:	
	Arena:			Early Bird Power Hour 8am-8:45am	Zumba Gold 11am-12pm	
	Cardio Drumming 11am-12pm			Power Hour 9am-10am		
				Fower Hour 9am-10am		
	11 1	.2 1	3 14	15	16	17
	Conf Rm 2:	Conf Rm 2:	Conf Rm 1A:	Conf Rm 2:	Conf Rm 1:	
	Quilting & Crafting 9-12pm	Veterans' Time 9-12pm	Chair Yoga 9:30am-10:30am	Tech Support 9:30am-11:30am	Mobility 10am-10:30am	
	Mah Jongg Free Play 1pm-3pm	Verei and Time > 12pm	Chair Yoga 11am-12pm	Cribbage for Seniors 1pm-3pm	Game Day 1pm	
	Conf Rm 1A:		·		' '	
			Kundalini Yoga 6pm-7:30pm		Arena:	
	Iyengar Yoga 6pm-7pm				Zumba Gold 11am-12pm	
	Arena:				Senior Breakfast TBD	
	Cardio Drumming 11am-12pm					
	18	2				24
		RSAC:	Senior Trip: Golden Corral	RSAC:	RSAC:	
		Drop In Hours 9am-12pm	RSAC:	Drop-in Hours 9am-12pm	Drop-in Hours 9am-11am	
		Veterans' Time 9-12pm	Chair Yoga 9:30am-10:30am	Tech Support 9:30am-11:30am	Mobility 10am-10:30am	
	CLOCED	Bingo 1pm	Chair Yoga 11am-12pm	Cribbage for Seniors 1pm-3pm	Game Day 1pm	
	CLOSED	Arena:	Kundalini Yoga 6pm-7:30pm	Arena:	Arena:	
		Early Bird Power Hour 8am-8:45am		Early Bird Power Hour 8am-8:45am	Zumba Gold 11am-12pm	
		Power Hour 9am-10am		Power Hour 9am-10am	'	
	25 2	26 2	7 28	29	1-Mar	2-Mar
	RSAC:	RSAC:	RSAC:	RSAC:	RSAC:	
	Drop In Hours 9am-12pm	Drop In Hours 9am-12pm	Chair Yoga 9:30am-10:30am	Drop-in Hours 9am-12pm	Drop-in Hours 9am-11am	
	Quilting & Crafting 9-12pm	Veterans' Time 9-12pm	Chair Yoga 11am-12pm	Tech Support 9:30am-11:30am	Mobility 10am-10:30am	
	Mah Jongg Free Play 1pm-3pm	·	Kundalini Yoga 6pm-7:30pm	Cribbage for Seniors 1pm-3pm	Game Day 1pm	
		Bingo 1pm	Kunduliii 70ga Opiii-7.30piii	Arena:		
	Iyengar Yoga 6pm-7pm	Arena:		Early Bird Power Hour 8am-8:45am	Arena:	
	Arena:	Early Bird Power Hour 8am-8:45am		Power Hour 9am-10am	Zumba Gold 11am-12pm	
	Cardio Drumming 11am-12pm	Power Hour 9am-10am				