

ROMA BERRY CENTER FOR SENIORS / APRIL 2024

Nurture your mind, body and spirit for a healthier, happier LIFE!

LOUNGE		GYM		FLEX ROOM		ART ROOM		STATIC ROOM	
MONDAY 8:00-4:00 Cards & Games 8:00-4:00 Vintage Friends Let's talk about LIFE		MONDAY 8:00-9:00 Walking 8:00-8:45 Chair Fitness/Dorothy 9:00-10:15 Sr Fitness Tai Chi w/Elizabeth 10:30-12:00 Line Dancing 12:30-1:40 Yoga w/Cindy 2:00-4:00 Corn Hole w/Teri NEW		MONDAY 11:00-12:00 Ball/Chair Exercise w/Sherry 1:00-4:00 Bridge		MONDAY		MONDAY 8:00-4:00 Fitness Machines: Treadmills Stationary Bikes Body Shapers Twist & Shape Elliptical Machines	
TUESDAY 8:00-4:00 Cards & Games 8:00-4:00 Vintage Friends Let's talk about LIFE 1:00-3:00 Textile Arts (Knitters) Cafe		TUESDAY 8:00-9:00 Walking 10:00-11:00 Functional Movement/Brenda 1:00 – 3:00 Intermediate Guitar w/ Sherry (on the stage)		TUESDAY 11:00-12:00 Ball/Chair Exercise with Sherry 1:00-4:00 Mahjong		TUESDAY 1:00-2:00 Art Class with Miss Rainbow		TUESDAY 8:00-4:00 Fitness Machines: Treadmills Stationary Bikes Body Shapers Twist & Shape Elliptical Machines	
WEDNESDAY 8:00-4:00 Cards & Games 8:00-4:00 Vintage Friends Let's talk about LIFE 1:00-2:00 Bingo w/BJ (1 st & 3 rd Wednesday)		WEDNESDAY 8:00-9:00 Walking 9:00-9:45 Chair Fitness/Dorothy 10:00-10:30 Line Dancing warm up 10:30-12:00 Line Dancing 12:30-1:40 Yoga w/Cindy 2:00-4:00 Corn Hole w/Teri		WEDNESDAY 9:45-10:45 Slow & Gentle Yoga w/Nancy 11:30-12:00 Harmonica Lessons w/Mike		WEDNESDAY		WEDNESDAY 8:00-4:00 Fitness Machines: Treadmills Stationary Bikes Body Shapers Twist & Shape Elliptical Machines	
THURSDAY 8:00-4:00 Cards & Games 8:00-4:00 Vintage Friends Let's talk about LIFE 11:00-12:00 Creative Writing (café)		THURSDAY 8:00-9:00 Walking 9:00-9:45 Chair Fitness/Dorothy 10:00-11:00 Functional Movement/Brenda 1:00-4:00 Orbit Initiative-PAC		THURSDAY 11:00-1:00 Level 1 Guitars & Ukulele w/ Sherry 1:00-3:00 Level 2 Guitar and Ukulele w/ Sherry		THURSDAY 1:00-2:00 Art Class with Miss Rainbow		THURSDAY 8:00-4:00 Fitness Machines: Treadmills Stationary Bikes Body Shapers Twist & Shape Elliptical Machines	
FRIDAY 8:00-4:00 Cards and Games 8:00-4:00 Vintage Friends Let's talk about LIFE 12:30-4:00 Textile Art (Knitters) 1:00-4:00 Mahjong		FRIDAY 8:00-9:00 Walking 10:00-10:30 Line Dancing warm up 10:30-12:00 Line Dancing 2:00-4:00 Corn Hole Toss/Shuffleboard		FRIDAY 11:00-12:00 Ball/Chair Exercise with Sherry 1:00-3:00 Advanced Guitar with Davis		FRIDAY		FRIDAY: 8:00-4:00 Fitness Machines: Treadmills Stationary Bikes Body Shapers Twist & Shape Elliptical Machines	

4/11 Art Room Reserved 10-2 for Mahjong with Deborah

4/25 – ORBIT Performance of Cinderella

NEW 4/26 – Let's Talk TULSA with Jerry



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Memberships are available to adults 50 and older.
 The cost is \$100.00 (8.33 per month) annually and includes a free subscription to LIFE's Vintage Magazine