

# Pioneer Club Schedule as of August 9<sup>th</sup>:

In-person @ the Club   In-Person & on  
 Zoom   Zoom ONLY   On Zoom & Phone-in

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>9am Walk Out with Jane Fonda</p> <p>10am Seated Exercise</p> <p>11am Balance &amp; Strength</p> <p>1pm Novel Reading: 7 Fallen Feathers</p> <p>2pm Stronger Senior's STRETCH</p> <p>3pm Stronger Senior's STRENGTH</p>	<p>9am Walk Fit</p> <p>10am-Noon Coffee &amp; Chit Chat</p> <p>1pm Resistance Bands Level 1</p> <p>2pm Gentle Yoga Lvl 2 Seated &amp; Standing</p> <p>3pm Bingo!</p> <p>1-4pm Horseshoes &amp; Bocce Ball</p>	<p>9am Walk Fit +</p> <p>10am Tai Chi</p> <p>11am Knitting Club!</p> <p>1pm Stronger Senior's: Pilates w Bands!</p> <p>2pm Gentle Yoga Lvl 3 More Standing</p> <p>3pm Trivia!</p> <p>1-4pm Horseshoes &amp; Bocce Ball</p>	<p>9am Walk Out with Jane Fonda</p> <p>10am Seated Exercise</p> <p>11am Learn 8 Tai Chi forms with Jane Adams</p> <p>1pm Short Story Time</p> <p>2:30-3:30pm Coloring &amp; Chit Chat</p> <p>4pm Balance &amp; Strength</p>	<p>9am Walk Fit</p> <p>10am Gentle Yoga All Seated</p> <p>11am Bingo!</p> <p>1pm-3pm Coffee &amp; Chit Chat</p> <p>1-4pm Horseshoes &amp; Bocce Ball</p>