

Kingwood Community Center Activity Schedule

Morning Programs

Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM – 9:55 AM Chair Yoga (Trish K. – Aud. A) Fitness Hour (Aud. B) 10:00AM – 11:00AM Dance Walk (Aud. A) 10:00AM – 12:00PM Crochet, Knitting, and Needle Work (Jacqueline B. – Mtg. Rm 1) Kingwood Garden Club (Every 1 st Monday) (Pam B. – Mtg. Rm 2) Mahjong Class (Rm. 2) (Except 1 st Monday)	8:00AM – 12:00 PM Kingwood Garden Club (Every 1 st Tuesday) (Pam B. – Aud. B) 9:00AM – 10:00 AM Walking Aerobics (Aud. A) 9:00AM – 10:00 AM Senior Fitness Circuit (Aud. B) (Except 1 st Tuesday of every month) 10:15AM – 11:30 AM Improver Line Dancing (Petra R. – Aud. A) 10:00AM – 1:00 PM Mahjong (Mtg. Rm 2)	9:00AM – 9:55 AM Chair Yoga (Trish K. – Aud. A) Fitness Hour (Mtg. Rm 2) 10:00AM – 11:00AM Dance Walk (Aud. A) 10:00AM – 12:00PM Crochet, Knitting, and Needle Work (Mtg. Rm 1) 10:00AM – 1:00PM Duplicate Bridge (Jim S. – Aud. B) 11:00AM – 1:00 PM Integral Tai Chi (Aud. A)	8:00AM – 12:00PM Kingwood Women's Club (Every 3 rd Thursday of the Month) 9:00AM – 10:00AM Walking Aerobics (Aud. A) 9:00AM – 10:00 AM Chair Yoga Video (Aud. B) (Except Every 3 rd Thursday of the Month) 10:00AM – 12:00 PM ESL Class w/Kathie Rm. 1 10:00AM – 1:00 PM Mahjong (Mtg. Rm 2) 10:30AM – 11:30 AM Senior Fitness Circuit (Aud. B) 10:30AM – 1:00 PM First Thursday of the month Bunco (Mtg. Rm 1)	9:00AM – 10:00 AM Walking Aerobics (Aud. A) 10:30AM – 11:30AM Men's Walking Aerobics (Aud. B) 10:00AM – 3:00 PM Hand, Knee, Foot Canasta (Mtg. Rm 2) 10:30AM – 1:00PM Quilting (Mtg. Rm 1) 11:00AM – 1:00 PM Integral Tai Chi (Aud. A)

Kingwood Community Center Activity Schedule

Afternoon & Evening Programs

Monday	Tuesday	Wednesday	Thursday	Friday
1:00PM – 3:00PM ESL English as a Second Language (Ms. Virginia – Rm 2) 1:00PM – 3:00PM Bingo (Aud. A) 1:00PM – 4:00 PM Ping Pong (Aud. B) 2:30PM – 5:00PM Rummikub 4:00PM – 7:30 PM Arts and Crafts (Rm. 1) 1st Monday of the month 5:00pm – 6:00pm Zumba w/ Jamilah (Aud A) 6:00PM – 7:30PM Beginner/Line Dancing – All Levels (Petra R. – Aud. A) 6:00PM – 7:30PM "Just Breathe" Wellness Sessions (Every 3rd Monday) (Lynn F. – Mtg. Rm 2)	10:00AM – 3:00 PM Hand, Knee, Foot Canasta (Mtg. Rm 1) 12:00PM – 3:00PM Senior Social (Aud. A) 12:30PM – 3:30PM Party Bridge (Richard S. – Aud. B) 1:00PM – 4:00 PM Dominoes: Chicken Foot (Aud. B) 1:30PM – 4:00 PM Pinochle (Rm. 2)	1:00PM – 4:00 PM Men's Party Bridge (Bob C. – Mtg. Rm 2) 1:00PM – 3:00 PM Garden Club (Mtg. Rm 1) 1:00PM – 4:00PM Dominoes: Mexican Train (Aud. A)	12:00PM – 1:00PM Men's Walking Aerobics (Aud. A) 1:00PM – 3:00PM Euchre (Mtg. Rm 2) 1:00PM – 3:00PM Women's Book Club (Every 4th or Last Thursday) (Virginia E. – Rm. 1) 1:30PM -5:00PM Rummikub 2:00PM – 3:00PM Beginner Line Dancing (Petra R. – Aud. A) 3:15PM – 4:45PM Improver Line Dancing (Petra R. – Aud. A)	12:30PM – 3:30PM Party Bridge (Richard S. – Aud. B) 1:00PM – 4:00PM Ping Pong (Aud. A) 1:00PM – 4:00 PM Dominoes: Mexican Train (Aud. B)