



Irwindale Senior Center Weekly Classes and Activities

Monday

Time	Class/Club	Instructor
9:00am - 10:00am	Tai Chi Class #1	John Rafter
10:00am - 11:00am	Tai Chi Class #2	John Rafter
1:00pm - 4:00pm	Production of Boutique Crafts	Donna Beightol
1:30pm - 3:30pm	Hooks & Loops Social	Eloise Beltran

Tuesday

8:00am - 9:00am	Walking Club	Robert Lopez
9:00am - 10:00am	Line Dance	Pam Wagoner
11:00am - 12:00noon	Zumba Gold	Gina Chirino
11:00am - 12:00noon	Nintendo Wii	Robert Lopez
12:00pm - 1:00pm	Yoga (Recreation class)	Noelle Hoyer
1:00pm - 2:30pm	Chair Volleyball	Eloise Beltran

Wednesday

9:00am - 10:00am	Tai Chi Class #1	John Rafter
9:00am - 10:00am	Equally Awesome Dance Class	Jeanette DePatie
10:00am - 11:00am	Tai Chi Class #2	John Rafter
1:00pm - 4:00pm	Intermediate Ballet Folklorico	Alice Aguilar
1:00pm - 3:00pm	Knit & Crochet Social	None

Thursday

8:00am - 9:00am	Walking Club	Robert Lopez
9:00am - 10:00am	Chair Toning & Fitness	Pam Wagoner
10:00am - 3:00pm	Ceramics Class	Elisa Torres
12:00pm - 1:00pm	Yoga (Recreation class)	Noelle Hoyer

Friday

9:00am - 10:00am	Equally Awesome Dance Class	Jeanette DePatie
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Senior Center Classes Registration and fee required

- Tai Chi 1
- Tai Chi 2
- Line Dance
- Zumba Gold
- Chair Toning & Fitness
- Equally Awesome Dance Class

See flyers for class registration dates and fees.

Mt. Sac Classes FREE - Registration required

- Production of Boutique Crafts

Winter Semester:

January 4 – February 5, 2016

Recreation Class

\$20/\$30/\$40 - Register at Rec.

- Yoga

On going at the Senior Center FREE - Registration required

- Int. Ballet Folklorico
- Ceramics
- Knit & Crochet Social
- Hooks & Loops Club
- Chair Volleyball
- Walking Club
- Nintendo Wii

For more information contact the Irwindale Senior Center

(626) 430-2283 – 16116 Arrow Highway, Irwindale, CA 91706