



# 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
1:00pm-4:00pm	Canasta	Rebecca Bardales
1:00pm-4:00pm	Intermediate Ballet Folklorico	Linda Chico
1:30p-3:30pm	Hooks & Loops Social	Jade Lopez

## Tuesday

8:00am-9:00am	Walking Club	Joanna Palacios
9:00am-10:00am	Line Dance	Pam Wagoner
9:00am-1:00pm	Quilting Class	Gloria Evans
10:00am-11:00am	Zumba Gold	Gina Chirino
11:00am-12:00noon	Nintendo Wii	Joanna Palacios
11:00am-12:00noon	*Balance and Mobility	Vanessa Suarez
12:00pm-1:00pm	Yoga (Recreation class)	Noelle Hoye
1:00pm-2:30pm	Chair Volleyball	Jade Lopez
1:00pm-3:00pm	Mexican Train	Rebecca Bardales

## Wednesday

9:00am-10:00am	Tai Chi Class #1	John Rafter
9:00am-10:00am	Fun & Gentle Dance Class	Jeanette DePatie
10:00am-11:00am	Tai Chi Class #2	John Rafter
10:00am-11:00am	Belly Dance	JoAnne Folino
1:00pm-4:00pm	Intermediate Ballet Folklorico	Linda Chico
1:00pm-3:00pm	Knit & Crochet Social	Rebecca Bardales
1:00pm-2:00pm	Book Club	Rebecca Bardales
1:00pm-3:00pm	Computer Class	Blanche Miranda

## Thursday

8:00am-9:00am	Walking Club	Joanna Palacios
9:00am-10:00am	Chair Toning	Pam Wagoner
10:00am-11:00am	Chair Zumba	Gina Chirino
10:00am-11:00am	Hawaiian Dance	Sandra Deaton
10:00am-3:00pm	Ceramics Class	Elisa Torres
12:00pm-1:00pm	Yoga (Recreation class)	Noelle Hoye
1:00pm-2:00pm	Healthy Aging Exercise	Vanessa Suarez

## Friday

9:00am-10:00am	Fun & Gentle Dance Class	Jeanette DePatie
11:00am-12:00pm	Chair Yoga	TBA
1:00pm-2:00pm	Rhythm Dance	Blanche Miranda

### Monthly Activities

- Bunco is held every third Thursday, unless otherwise noted, at 1:00pm.
- Crafts with Dee is held every second Wednesday at 1:00pm.

### Bi-Monthly Activities

- Bingo is held every fourth Thursday, unless otherwise noted, at 1:00pm.
- Grocery Bag Bunco is held every fourth Friday unless otherwise noted; at 1:00pm.

### Daily Activities

- Billiards Room  
2 pool tables available
- Computer Room  
12 computers available
- Coloring Books

### Follow Us On:



# Irwindale Senior Center

## Weekly Classes and Activities

### Senior Center Classes

**Registration and fee required**

- Line Dance
- Zumba Gold
- Fun & Fitness Dance Class
- Chair Toning
- Chair Zumba
- Computer Class

### \*Mt. SAC Classes

**FREE - Registration required**

- Tai Chi #1 &2
- Production of Boutique Crafts
- Balance and Mobility
- Healthy Aging Exercise
- Chair Yoga

### Ongoing at the Senior Center

**FREE - Registration required**

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

### Recreation Class

**Register at Dan Diaz Recreation Center**

- Yoga