

**Hays Senior Center
Regular Weekly Schedule
2015**

* New or Changed
This Year

New & Chg	Day	Start	AM PM	End	AM PM	Activity	Location	Activity Type	Instructor
	Monday	0:00	AM	0:00	PM	Computer Classes-Variou sDays/Times-Check in Office	Computer Lab	Class	
	Monday	7:00	AM	8:00	AM	Swimming - (\$150 Members Only)	Pool - B	Activity	
	Monday	8:00	AM	4:00	PM	Board Games - Chess, Checkers, Dominoes	Game Room	Game	Overflow-Activity 1A
	Monday	8:00	AM	4:00	PM	Cards - All Games	Game Room	Game	Overflow-Activity 1A
	Monday	8:00	AM	12:00	PM	Ceramics - Misc.	Arts & Crafts	Class	Ruth Scarborough
	Monday	8:00	AM	4:00	PM	Puzzles	Activity - 1 B	Activity	
	Monday	8:00	AM	4:15	PM	Swimming - (All Members)	Pool - B	Activity	
	Monday	8:30	AM	9:30	AM	Exercise - Yoga	Exercise - A & B	Class	Sherri Dodds
	Monday	8:45	AM	9:45	AM	Water Aerobics	Pool - A	Class	Pat Jackson
	Monday	9:00	AM	10:00	AM	Chair Volley Ball	Ballroom B	Class	
	Monday	10:00	AM	11:00	AM	Dance Practice-Line Dancers	Ballroom A	Activity	Ann Cother
	Monday	10:00	AM	2:00	PM	Cards With Artis	Card Room	Class	Artis Boykin
	Monday	10:15	AM	11:15	AM	Water Aerobics	Pool - A	Class	Jim Lewis
	Monday	10:30	AM	11:45	AM	Exercise - Fitness	Exercise - A & B	Class	Henry Hawk
	Monday	1:00	PM	2:00	PM	Spanish - 101	Activity - 2	Class	Judy Nesbitt
	Monday	1:00	PM	2:00	PM	Exercise-Zumba	Ballroom A & B	Class	Susan Russell
	Monday	1:00	PM	2:00	PM	Water Aerobics	Pool A	Class	Lea Williams
	Monday	1:00	PM	3:00	PM	Art - Acrylic Painting	Arts & Crafts	Class	Margarett Hinson
	Monday	1:00	PM	4:00	PM	Music - Acoustical Country Jam Session	Meeting Room	Activity	Everyone Welcome
	Monday	2:30	PM	4:00	PM	Sewing Class	Arts & Crafts	Class	Jenny Shumate
	Monday	3:00	PM	4:00	PM	Water Aerobics	Pool - A	Class	Barbara Koros
	Monday	4:30	PM	5:30	PM	Exercise - Tai Chi	Exercise - A	Class	
	Monday	4:30	PM	7:45	PM	Swimming - (\$150 Members Only)	Pool - B	Activity	
	Monday	5:00	PM	6:00	PM	Exercise - Power Walking (Video)	Exercise - B	Activity	Self-Taught
	Monday	5:30	PM	6:30	PM	Water Aerobics (\$150 Members Only)	Pool - A	Class	Members
	Monday	6:00	PM	7:00	PM	Exercise - Misc. (Video) \$150 Members Only	Exercise - A	Activity	Self-Taught
	Tuesday	7:00	AM	8:00	AM	Swimming - (\$150 Members Only)	Pool - B	Activity	
	Tuesday	8:00	AM	10:00	AM	Board Games - Chess, Checkers, Dominoes	Game Room	Game	Overflow-Activity 1A
	Tuesday	8:00	AM	10:00	AM	Cards - All Games	Game Room	Game	Overflow-Activity 1A
	Tuesday	8:00	AM	4:00	PM	Puzzles	Activity - 1 B	Activity	
	Tuesday	8:00	AM	4:15	PM	Swimming - (All Members)	Pool - B	Activity	
	Tuesday	8:45	AM	9:45	AM	Water Aerobics	Pool - A	Class	Pat Jackson
	Tuesday	9:00	AM	10:00	AM	Chair Volley Ball	Ballroom A	Class	
	Tuesday	9:00	AM	10:00	AM	Exercise - P.A.C.E. - Low-Impact Arthritis	Ballroom - A	Activity	Ethel Baker
	Tuesday	9:00	AM	12:00	N	Wellness Center	Meeting Room	Activity	Baptist Health
	Tuesday	9:00	AM	2:00	PM	Cards - Bridge	Game Room	Game	Overflow-Activity 1A

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	Tuesday	9:30	AM	10:30	AM	Exercise - Tai Chi Free class - Advanced	Exercise - A	Class	June Brown
	Tuesday	10:00	AM	11:00	AM	Dance Practice - Line Dancers	Ballroom - A	Activity	Peggy Brown
	Tuesday	10:00	AM	3:00	PM	Cards - Pinochle (Single Deck)	Activity - 2	Game	Everyone Welcome
	Tuesday	10:00	AM	11:00	AM	Exercise - Walking off the Pounds (Video)	Exercise - B	Activity	Self-Taught
	Tuesday	10:15	AM	11:15	AM	Water Aerobics	Pool - A	Class	Jim Lewis
	Tuesday	10:30	AM	11:30	AM	Exercise - Tai Chi Free Class - Beginner	Exercise - A	Class	June Brown
	Tuesday	12:00	PM	1:00	PM	Bean Bag Baseball	Ballroom B	Activity	Members
*	Tuesday	12:00	PM	1:00	PM	Step Aerobics	Exercise - A & B	Activity	Chera Sbeit
	Tuesday	1:00	PM	2:00	PM	Book Club 1st Tuesday Month	Library	Class	Edie Nichols
	Tuesday	1:00	PM	2:00	PM	Exercise-Zumba Gold	Ballroom A&B	Class	Susan Russell
	Tuesday	2:00	PM	3:00	PM	Water Aerobics	Pool - A	Class	Judy Wallis
	Tuesday	4:30	PM	7:45	PM	Swimming - (\$150 Members Only)	Pool - B	Activity	
	Tuesday	5:30	PM	6:30	PM	Zumba	Ballroom A&B	Class	Gloria
	Tuesday	5:15	PM	6:15	PM	Tai Chi	Exercise A	Class	Sherry Woods
	Tuesday	5:30	PM	6:30	PM	Water Aerobics (\$150 Members Only)	Pool - A	Class	June Tarkington
	Tuesday	6:00	PM	7:00	PM	Exercise - Misc. (Video) \$150 Members Only	Exercise - B	Activity	Self-Taught
	Wednesday	7:00	AM	8:00	AM	Swimming - (\$150 Members Only)	Pool - B	Activity	
	Wednesday	8:00	AM	4:00	PM	Board Games - Chess, Checkers, Dominoes	Game Room	Game	Overflow-Activity 1A
	Wednesday	8:00	AM	4:00	PM	Cards - All Games	Game Room	Game	Overflow-Activity 1A
	Wednesday	8:00	AM	9:00	AM	Piano Lessons - Beginner	Meeting Room	Class	Mary Ramm
	Wednesday	8:00	AM	4:00	PM	Puzzles	Activity - 1 B	Activity	
	Wednesday	8:00	AM	4:15	PM	Swimming - (All Members)	Pool - B	Activity	
	Wednesday	8:30	AM	9:30	AM	Exercise - Yoga	Exercise - A & B	Class	Kathy Harrill
	Wednesday	8:45	AM	9:45	AM	Water Aerobics	Pool - A	Class	Pat Jackson
	Wednesday	9:00	AM	10:00	AM	Piano Lessons - Advanced	Meeting Room	Class	Mary Ramm
	Wednesday	9:00	AM	10:00	AM	Chair Volley Ball	Ballroom A	Activity	
	Wednesday	10:00	AM	11:00	AM	Exercise- Strenghting Bands- Mild Strength/Balance	Meeting Room	Activity	
	Wednesday	10:00	AM	11:00	AM	Zumba	Ballroom A&B	Class	Katrina Price
	Wednesday	10:00	AM	11:00	AM	Weight Loss & Control	Activity- 2	Activity	Robert Barnes
	Wednesday	10:00	AM	2:00	PM	Cards With Artis	Card Room	Class	Artis Boykin
	Wednesday	10:15	AM	11:15	AM	Water Aerobics	Pool - A	Class	Jim Lewis
	Wednesday	10:30	AM	11:45	AM	Exercise - Fitness	Exercise - A	Class	Henry Hawk
	Wednesday	11:00	AM	11:30	AM	Lunch - Box Lunches Available	Ballroom - B	Activity	Dorothy Romes
	Wednesday	12:00	N	2:00	PM	Dance Class - Ballroom/Swing	Ballroom - A	Class	Grover Irving
	Wednesday	1:00	PM	3:00	PM	Knitting Group - Beginners welcome	Arts & Crafts	Activity	Members

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	Wednesday	1:00	PM	2:00	PM	Water Aerobics	Pool - A	Class	Lea Williams
	Wednesday	2:00	PM	3:00	PM	Singing - Gospel Songs	Ballroom	Activity	Members
	Wednesday	3:00	PM	4:00	PM	Water Aerobics	Pool - A	Class	Barbara Koros
	Wednesday	4:30	PM	7:45	PM	Swimming - (\$150 Members Only)	Pool - B	Activity	
	Wednesday	5:00	PM	6:00	PM	Exercise - Power Walking (Video)	Exercise - B	Activity	Self-Taught
	Wednesday	5:30	PM	6:30	PM	Water Aerobics (\$150 Members Only)	Pool - A	Class	Members
	Wednesday	6:00	PM	7:00	PM	Exercise - Misc. (Video) \$150 Members Only	Exercise - A	Activity	Self-Taught
	Thursday	7:00	AM	8:00	AM	Swimming - (\$150 Members Only)	Pool - B	Activity	
	Thursday	8:00	AM	10:00	AM	Board Games - Chess, Checkers, Dominoes	Game Room	Game	Overflow-Activity 1A
	Thursday	8:00	AM	10:00	AM	Cards - All Games	Game Room	Game	Overflow-Activity 1A
	Thursday	8:00	AM	12:00	PM	Crafts - Quilting	Arts & Crafts	Activity	Members
	Thursday	8:00	AM	4:00	PM	Puzzles	Activity - 1 B	Activity	
	Thursday	8:00	AM	4:15	PM	Swimming - (All Members)	Pool - B	Activity	
	Thursday	8:45	AM	9:45	AM	Water Aerobics	Pool - A	Class	Pat Jackson
	Thursday	9:00	AM	10:00	AM	Chair Volley Ball	Ballroom B	Activity	
	Thursday	9:00	AM	10:00	AM	Exercise - P.A.C.E. - Low-Impact Arthritis	Ballroom - A	Activity	Ethel Baker
	Thursday	9:00	AM	1:00	AM	Safe Driving-Every 3rd Thurs. \$15.00 - \$20.00 Fee	Meeting Room	Class	AARP
	Thursday	9:00	AM	2:00	PM	Cards - Bridge	Game Room	Game	Overflow-Activity 1A
	Thursday	9:00	AM	10:00	AM	Spanish - 101	Activity 2	Class	Olga Hendricks
	Thursday	10:00	AM	11:00	AM	Exercise- Zumba Gold	Ballroom - A & B	Class	Susan Russell
	Thursday	10:00	AM	11:00	AM	Exercise - Walking off the Pounds (Video)	Exercise - B	Activity	Ethel Baker
	Thursday	10:15	AM	11:15	AM	Water Aerobics	Pool - A	Class	Jim Lewis
	Thursday	11:00	AM	11:30	AM	Lunch - Box Lunches Available	Ballroom - B	Activity	Dorothy Romes
	Thursday	11:00	AM	12:00	PM	Beginner Line Dancing	Exercise - B	Class	Diane Smith
	Thursday	12:00	PM	1:00	PM	Bean Bag Baseball	Ballroom - A	Activity	Members
*	Thursday	12:00	PM	1:00	PM	Step Aerobics	Exercise - A&B	Activity	Chera Sbait
	Thursday	1:45	PM	2:45	PM	Bingo	Activity - 2	Activity	Dorothy Henderson
	Thursday	2:00	PM	3:00	PM	Water Aerobics	Pool - A	Class	Judy Wallis
	Thursday	4:30	PM	7:45	PM	Swimming - (\$150 Members Only)	Pool - B	Activity	
	Thursday	5:30	PM	6:30	PM	Zumba	Ballroom A&B	Class	Gloria
	Thursday	5:15	PM	6:15	PM	Tai Chi	Exercise A	Class	Sherry Woods
	Thursday	5:30	PM	6:30	PM	Water Aerobics (\$150 Members Only)	Pool - A	Class	June Tarkington
	Thursday	6:00	PM	7:00	PM	Exercise - Misc. (Video) \$150 Members Only	Exercise - A	Activity	Self-Taught
	Friday	7:00	AM	8:00	AM	Swimming - (\$150 Members Only)	Pool - B	Activity	
	Friday	8:00	AM	4:00	PM	Board Games - Chess, Checkers, Dominoes	Game Room	Game	Overflow-Activity 1A

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New & Chg	Day	Start	AM PM	End	AM PM	Activity	Location	Activity Type	Instructor
	Friday	8:00	AM	4:00	PM	Cards - All Games	Game Room	Game	Overflow-Activity 1A
	Friday	8:00	AM	4:00	PM	Puzzles	Activity - 1 B	Activity	
	Friday	8:00	AM	4:15	PM	Swimming - (All Members)	Pool - B	Activity	
	Friday	8:30	AM	9:30	AM	Exercise- Yoga	Exercise A & B	Class	Bill Crow
	Friday	8:45	AM	9:45	AM	Water Aerobics	Pool-A	Class	Valeria Smith
	Friday	9:00	AM	10:00	AM	Chair Volley Ball	Ballroom B	Activity	
	Friday	9:00	AM	10:00	AM	P.A.C.E.	Ballroom A	Class	Ethel Baker
	Friday	9:00	AM	12:00	PM	Crafts - Quilting	Arts & Crafts	Activity	Members
	Friday	9:30	AM	10:30	AM	Yoga - Advanced DVD	Exercise A & B	Class	Bill Crow
	Friday	10:00	AM	12:00	PM	Cards - Pinochle (Double Deck)	Game Room	Game	Overflow-Activity 1A
	Friday	10:00	AM	11:00	AM	Exercise-Strengthening Bands- Mild Strength/Balance	Meeting Room	Class	
	Friday	10:15	AM	11:15	AM	Water Aerobics	Pool - A	Class	Jim Lewis
	Friday	11:00	AM	12:00	PM	Zumba--New Class	Ballroom- A&B	Class	
	Friday	12:00	PM	2:00	PM	Water Aerobics - Not Available - Pool Closed	Pool - A	Maint	Maintenance
	Friday	1:00	PM	2:00	PM	Exercise - Power Walking (Video)	Ballroom - A & B	Class	Members
	Friday	1:00	PM	3:00	PM	Knitting Group - Beginners welcome	Arts & Crafts	Activity	Members
	Friday	1:00	PM	4:00	PM	Music - Electronic Jam Session	Meeting Room	Activity	Everyone Welcome
	Friday	2:00	PM	4:30	PM	Swimming - Not Available - Pool Closed	Pool - B	Maint	Maintenance
	Friday	3:00	PM	4:00	PM	Water Aerobics	Pool - A	Class	Alf Koros
	Friday	4:30	PM	7:45	PM	Swimming - (\$150 Members Only)	Pool - B	Activity	
	Friday	5:30	PM	6:30	PM	Water Aerobics (\$150 Members Only)	Pool - A	Class	Members
	Friday	6:00	PM	7:00	PM	Exercise - Misc. (Video) \$150 Members Only	Exercise - A	Activity	Self-Taught
	Saturday	7:00	AM	9:00	AM	Swimming - (\$150 Members Only)	Pool - B	Activity	
	Saturday	8:00	AM	9:00	AM	Water Aerobics (\$150 Members Only)	Pool - A	Class	June Tarkington
	Saturday	9:00	AM	12:45	PM	Swimming - (All Members)	Pool - B	Activity	
	Saturday	10:00	AM	11:00	AM	Weight Loss & Control	Activity - 2	Class	Robert Barnes
	Saturday	10:00	AM	11:00	AM	Exercise - Power Walking (Video)	Exercise - B	Activity	Self-Taught
	Sunday	12:00	PM	2:00	PM	Swimming - (\$150 Members Only)	Pool - B	Activity	
	Sunday	2:00	PM	4:45	PM	Swimming - (All Members)	Pool - B	Activity	