

Corrales Senior Center Calendar - September 2023 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Help us say Thank You to Our Instructors for their time and effort to help us stay in shape and have FUN! Instructor Apprreciation Wk Sept. 11 thru Sept. 15th				1 8:30 - 9:30 & 9:45-10:45 Line Dancing 2:00 - 3:00 Tai Chi 9:00 - 4:00 Open Gym
4	5	6	7	8
	8:30 - Zumba 9:45 - 10:30 Seated Zumba Gold 9:00 - 4:00 Open Gym	9:00 - 10:00 Yoga 10:00 - 11:00 Conversational Spanish Class 12:45 Bingo 9:00 - 4:00 Open Gym	8:30 Zumba 9:45 - 10:30 Seated Zumba Gold 10:00 Project Linus (Quilt) 3:00 Ukele Group 9:00 - 4:00 Open Gym	8:30 - 9:30 & 9:45-10:45 Line Dancing 2:00 - 3:00 Tai Chi 9:00 - 4:00 Open Gym
11	12	13	14	15
8:30 - 9:30 Yoga & 9:45 - 10:45 Seated Yoga Senior Day @ NM State Fair 1:00 - 1:45 Seated Tai Chi 2:00 - 3:00 Tai Chi Instructor Appreciation Wk	8:30 - Zumba 9:45 - 10:30 Seated Zumba Grief Support Group 1:00 9:00 - 4:00 Open Gym Instructor Appreciation Wk	9:00 - 10:00 Yoga 10:00 - 11:00 Conversational Spanish Class 12:45 Bingo 9:00 - 4:00 Open Gym Instructor Appreciation Wk	8:30 Zumba 9:45 - 10:30 Seated Zumba 10:00 Project Linus (Quilt) 3:00 Ukele Group 9:00 - 4:00 Open Gym Instructor Appreciation Wk	8:30 - 9:30 & 9:45-10:45 Line Dancing 2:00 - 3:00 Tai Chi 9:00 - 4:00 Open Gym Instructor Appreciation Wk
18	19	20	21	22
8:30 - 9:30 Yoga & 9:45 - 10:45 Seated Yoga 1:00 - 1:45 Seated Tai Chi 2:00 - 3:00 Tai Chi 9:00 - 4:00 Open Gym	8:30 - Zumba 9:45 - 10:30 Seated Zumba Gold 9:00 - 4:00 Open Gym	9:00 - 10:00 Yoga 10:00 - 11:00 Conversational Spanish Class 12:45 Bingo 9:00 - 4:00 Open Gym	8:30 Zumba 9:45 - 10:30 Seated Zumba Gold 10:00 Project Linus (Quilt) 3:00 Ukulele Group 9:00 - 4:00 Open Gym	8:30 - 9:30 & 9:45-10:45 Line Dancing 2:00 - 3:00 Tai Chi 9:00 - 4:00 Open Gym
25	26	27	28	29
8:30 - 9:30 Yoga & 9:45 - 10:45 Seated Yoga 1:00 - 1:45 Seated Tai Chi 2:00 - 3:00 Tai Chi 9:00 - 4:00 Open Gym	8:30 - Zumba 9:45 - 10:30 Seated Zumba Gold 1:00 Guess Who? 9:00 - 4:00 Open Gym	9:00 - 10:00 Yoga 10:00 - 11:00 Conversational Spanish Class 12:45 Bingo 9:00 - 4:00 Open Gym	8:30 Zumba 9:45 - 10:30 Seated Zumba Gold 10:00 Project Linus (Quilt) 3:00 Ukele Group 9:00 - 4:00 Open Gym	8:30 - 9:30 & 9:45-10:45 Line Dancing 2:00 - 3:00 Tai Chi 9:00 - 4:00 Open Gym

Activities Date & Time Subject to Change