



Flooring Project Update

Temporary Program Cancellations



Due to new flooring installation in the Noia Auditorium, Lobby, and Hallway, **the programs and meetings listed below are canceled.**

All other programs will continue as scheduled. **From Friday, 10/24 through Friday, 10/31, lunch service will be take-out/pick-up.**

Our regular schedule will resume **Monday, November 3.**

Thank you for your patience as we improve our home!

Friday, October 24

Fun & Fit 55 Plus	8:00AM to 8:45AM
Game Day	9:00AM to 11:30AM
Walking Aerobics	9:00AM to 9:45AM
Open Art Studio	9:00AM to 11:00AM
Tap Dance	11:00AM to 12:00PM
Chair Yoga	1:00PM to 2:00PM

Monday, October 27

Fun & Fit 55 Plus	8:00AM to 8:45AM
Walking Aerobics	9:00AM to 9:45AM
Chair Yoga	1:00PM to 2:00PM
Abstract Art Class	1:00PM to 3:00PM
Tap Dance	4:30PM to 5:15PM
Writing Short Stories	9:00AM to 10:00AM

Tuesday, October 28

Senior Fit	8:00AM to 8:45AM
Walking Aerobics	9:00AM to 9:45AM
Chair Yoga	1:00PM to 2:00PM
Tap Dance	11:00AM to 12:00PM
Writing Short Stories	9:00AM to 10:00AM

Wednesday, October 29

Cribbage	8:30AM to 11:30AM
Chair Yoga	1:00PM to 2:00PM

Thursday, October 28

Senior Fit	8:00AM to 8:45AM
Walking Aerobics	9:00AM to 9:45AM
Computer Tutor	10:00AM to 12:00PM

Friday, October 30

Senior Fit	8:00AM to 8:45AM
Walking Aerobics	9:00AM to 9:45AM
Chair Yoga	1:00PM to 2:00PM
Tap Dance	11:00AM to 12:00PM

Register for programs, classes or events: Mizell.org, Program Office or 760-323-5689