

Tiskelwah Senior Center

Mondays

10:45—11:45 a.m. Zumba

10 a.m.— 3 p.m. Art Class

NOON Lunch @ CANS

Tuesdays

10 a.m.— 3 p.m. Quilting & Sewing

11 a.m.— Noon Game Day

NOON Lunch @ CANS

Wednesdays

10:45 —11:45 a.m. Zumba

10 a.m.— 3 p.m. Art Class

NOON Lunch @ CANS

Thursdays

10 a.m.— 3 p.m.

Knitting & Crocheting

NOON Lunch @ CANS

10:30 — 11:30 a.m. Healthy Steps

Fridays

10:45 a.m.—11:45 a.m. Zumba

10 a.m.— 3 p.m. Art Class

NOON Lunch @ CANS

1 p.m.— 2 p.m. Exercise