

ROMA BERRY CENTER FOR SENIORS / May 2024

Nurture your mind, body and spirit for a healthier, happier LIFE!

LOUNGE	GYM	FLEX ROOM	ART ROOM	STATIC ROOM
MONDAY 8:00-4:00 Cards & Games	MONDAY 8:00-9:00 Walking 8:00-8:45 Chair Fitness/Dorothy 9:00-10:15 Sr Fitness Tai Chi w/Elizabeth 10:30-12:00 Line Dancing 12:30-1:40 Yoga w/Cindy 2:00-4:00 Open Gym	MONDAY 11:00-12:00 Ball/Chair Exercise w/Sherry 1:00-4:00 Bridge	MONDAY 2:00 – 3:00 – Scenes/ Landscapes w/Andy May 6 – June 3	MONDAY 8:00-4:00 Fitness Machines: Treadmills Stationary Bikes Body Shapers Twist & Shape Elliptical Machines
TUESDAY 8:00-4:00 Cards & Games 1:00-3:00 Textile Arts (Knitters) Cafe	TUESDAY 8:00-9:00 Walking 10:00-11:00 Functional Movement/Brenda 1:00 – 3:00 Intermediate Guitar w/ Sherry (on the stage)	TUESDAY 11:00-12:00 Ball/Chair Exercise with Sherry 1:00-4:00 Mahjong	TUESDAY 1:00-2:00 Art Class with Miss Rainbow	TUESDAY 8:00-4:00 Fitness Machines: Treadmills Stationary Bikes Body Shapers Twist & Shape Elliptical Machines
WEDNESDAY 8:00-4:00 Cards & Games 1:00-2:00 Bingo w/BJ (1 st & 3 rd Wednesday)	WEDNESDAY 8:00-9:00 Walking 9:00-9:45 Chair Fitness/Dorothy 10:00-10:30 Line Dancing warm up 10:30-12:00 Line Dancing 12:30-1:40 Yoga w/Cindy 2:00-4:00 Open Gym	WEDNESDAY 9:45-10:45 Slow & Gentle Yoga w/Nancy 11:30-12:00 Harmonica Lessons w/Mike	WEDNESDAY 1:00 – 2:00 – Pottery with Kirsten – Starts May 1 through May 29	WEDNESDAY 8:00-4:00 Fitness Machines: Treadmills Stationary Bikes Body Shapers Twist & Shape Elliptical Machines
THURSDAY 8:00-4:00 Cards & Games 10:00-2:00 Beginners Mahjong – First Thursday of every month	THURSDAY 8:00-9:00 Walking 9:00-9:45 Chair Fitness/Dorothy 10:00-11:00 Functional Movement/Brenda 1:00-4:00 Orbit Initiative-PAC	THURSDAY 11:00-1:00 Level 1 Guitar w/ Sherry (Sign up required) 1:00-3:00 Level 2 Guitar w/ Sherry	THURSDAY 11:00-12:00 Creative Writing	THURSDAY 8:00-4:00 Fitness Machines: Treadmills Stationary Bikes Body Shapers Twist & Shape Elliptical Machines
FRIDAY 8:00-4:00 Cards and Games 12:30-4:00 Textile Art (Knitters)	FRIDAY 8:00-9:00 Walking 10:00-10:30 Line Dancing warm up 10:30-12:00 Line Dancing	FRIDAY 11:00-12:00 Ball/Chair Exercise with Sherry 1:00 – 3:00 Advanced Guitar with Davis	FRIDAY 1:00-4:00 Mahjong	FRIDAY: 8:00-4:00 Fitness Machines: Treadmills Stationary Bikes Body Shapers Twist & Shape Elliptical Machines

- 5/3 – Cinco de Mayo Lunch – noon
- 5/22 – Sing Along in the GYM – 2:00-3:30
- 5/24 – Movie Day! 1:00 in the Gym
- 5/31 – Let's Talk TULSA with Jerry – 10-11:30



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Memberships are available to adults 50 and older.
 The cost is \$100.00 annually and includes a free subscription to LIFE's Vintage Magazine