



**SENIOR CENTER at MAPLE HALL**  
**TEMPORARILY RELOCATED TO ZOOM**

**Note: You MUST have meeting ID and password for EACH activity**

**OCTOBER SCHEDULE**

**NON-FICTION  
 CREATIVE WRITING**  
 with CLAIRE

*Chronicle your life experiences from unexpected points of view.*

**TUESDAYS 2:00p-4:00p**

*Limited Class Size ~ First Come, First Served*

Contact Claire at [Claire.Swedberg@msn.com](mailto:Claire.Swedberg@msn.com)  
 for meeting ID and password

**TAI CHI  
 MOVEMENT**  
 with CAMILLE:

*Mindful exercise form improves coordination and focus*

**MONDAYS & WEDNESDAYS  
 11:00a-12:00**

Contact Camille at [camilledrotts@gmail.com](mailto:camilledrotts@gmail.com)  
 for meeting ID and password

**JENN'S FITNESS CLASSES:**

**ZUMBA:**

Tuesdays and Thursdays at 8:30a

**STRENGTH AND BALANCE:**

Morning Session: Mondays, Tuesdays, Thursdays, Fridays at 10:00a

Afternoon Session: Mondays, Wednesdays, Fridays at 1:30p

Contact Jennifer at [jenn.inspirefitness@gmail.com](mailto:jenn.inspirefitness@gmail.com) for full details and Zoom ID and passwords



**Senior Center Contact Info**

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