



Weekly Activities

By Day

Joslyn Adult Center - 1301 W. Olive Ave, Burbank - (818) 238-5353

MON - FRI

Lunch Program	11:15am	<input checked="" type="checkbox"/> *

MONDAY

Exercise - Intermediate	8:30am	
Painting Group	1:00pm	
Writing Your Memories	1:00pm	<input checked="" type="checkbox"/>
T'ai Chi - on hold (call for info)	1:00pm	+

TUESDAY

Braille Community Ctr Program	9:00am	<input checked="" type="checkbox"/>
Dancing (recorded music)	10:15am	
Karaoke	12:00n	
Mah Jongg Class	1:00pm	<input checked="" type="checkbox"/> +
Senior Support Group	3:00pm	<input checked="" type="checkbox"/>
Sing-a-Long Group	7:00pm	+

WEDNESDAY

Exercise - Beginners	8:30am	
Bridge Class-Elementary	9:00am	<input checked="" type="checkbox"/> +
Ballet Stretch	9:30am	
Sing-a-Long Group	10:00am	
Auld Lang Syne Group (Bridge)	11:00am	<input checked="" type="checkbox"/> +
Canasta	12:00n	<input checked="" type="checkbox"/>
Pinochle (double-deck)	12:00n	<input checked="" type="checkbox"/>
Wii Wednesdays (Virtual Bowling)	1:00pm	<input checked="" type="checkbox"/>
Chess	1:00pm	
Current Issues	1:00pm	<input checked="" type="checkbox"/>
Scrabble	1:00pm	<input checked="" type="checkbox"/>
Ukulele Class	3:10pm	<input checked="" type="checkbox"/>
Square Dance Class (beg Apr 09)	7:00pm	<input checked="" type="checkbox"/>

THURSDAY

Bowling (at Pinz)	9:30am	+
Crochet/Knitting Class	9:30am	
Sing-a-Long Group	10:00am	
Hula-Beginners	10:00am	
Hula-Advanced	10:30am	
Duplicate Bridge	11:00am	<input checked="" type="checkbox"/> +
Mah Jongg - advanced play	12:00n	<input checked="" type="checkbox"/>
Bingo for a Buck	1:00pm	+
Cribbage Group	1:00pm	
P.A.C.E. (Arthritis exercise)	3:30pm	<input checked="" type="checkbox"/>
Horseshoes	6:30pm	
Swinging Seniors Dance (live music)	7:00pm	+

FRIDAY

Chair Exercise	8:30am	
Friday Group (Bridge)	11:00am	<input checked="" type="checkbox"/> +
Sewing/Knitting/Crocheting	1:00pm	
HICAP (Medicare Counseling)	1:30pm	<input checked="" type="checkbox"/>
T'ai Chi - on hold (call for info)	3:00pm	+
Ballroom Dance Class-Beginner	7:00pm	+

SATURDAY

Line Dance Class-Beginner	9:15am	+
Quilting Group	9:30am	
Line Dance Class-Intermediate	10:30am	+
Fitness for Life	3:00pm	+

SUNDAY

Table Tennis	11:00am	
Matinee Dance (DJ)	1:00pm	+

Sign-up/appointment required

Session fees are \$1 (free with BSAC card) / higher if noted with "+" symbol (discounts also available with BSAC)

* \$2 Suggested donation



Weekly Activities

By Category

Arts/Crafts

Crochet/Knitting Class	Thu	9:30am	
Painting Group	Mon	1:00pm	
Quilting Group	Sat	9:30am	
Sewing/Knitting/Crocheting	Fri	1:00pm	
Writing Your Memories	Mon	1:00pm	<input checked="" type="checkbox"/>

Cards

Auld Lang Syne (Bridge)	Wed	11:00am	<input checked="" type="checkbox"/> +
Bridge Class-Elementary	Wed	9:00am	<input checked="" type="checkbox"/> +
Canasta	Wed	12:00n	<input checked="" type="checkbox"/>
Cribbage Group	Thu	1:00pm	
Duplicate Bridge	Thu	11:00am	<input checked="" type="checkbox"/> +
Friday (Bridge)	Fri	11:00am	<input checked="" type="checkbox"/> +
Pinochle (double-deck)	Wed	12:00n	<input checked="" type="checkbox"/>

Dance

Ballroom Dance Class-Beginner	Fri	7:00pm	+
Dancing (recorded music)	Tues	10:15am	
Hula-Beginners	Thu	10:00am	
Hula-Advanced	Thu	10:30am	
Line Dance Class-Beginners	Sat	9:15am	+
Line Dance Class-Interm/Adv.	Sat	10:30am	+
Matinee Dance (DJ)	Sun	1:00pm	+
Swinging Seniors Dance (live band)	Thu	7:00pm	+

Info/Support

Braille Community Ctr Program	Tues	9:00am	<input checked="" type="checkbox"/>
HICAP (Medicare Counseling)	Fri	1:30pm	<input checked="" type="checkbox"/>
Senior Support Group	Tues	3:00pm	<input checked="" type="checkbox"/>

Fitness

Ballet Stretch	Wed	9:30am	
Chair Exercise	Fri	8:30am	
Exercise - Beginners	Wed	8:30am	
Fitness for Life	Sat	3:00pm	+
Exercise - Intermediate	Mon	8:30am	
P.A.C.E. (Arthritis exercises)	Thu	3:30pm	<input checked="" type="checkbox"/>
T'ai Chi - on hold (call for info)	Mon	1:00pm	+
T'ai Chi - on hold (call for info)	Fri	3:00pm	+

Music

Karaoke	Tues	12:00n	
Sing-a-Long Group	Tues	7:00pm	+
Sing-a-Long Group	Wed/Thu	10:00am	
Ukulele Class	Wed	3:10pm	<input checked="" type="checkbox"/>

Nutrition

Lunch Program	Mon-Fri	11:15am	<input checked="" type="checkbox"/> *
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Recreation/Games

Bingo for a Buck	Thu	1:00pm	+
Bowling (at Pinz)	Thu	9:30am	+
Chess	Wed	1:00pm	
Current Issues	Wed	1:00pm	<input checked="" type="checkbox"/>
Game Room: Drop-in play	7 days	Open hrs.	
Horseshoes	Thu	6:30pm	
Mah Jongg Class	Tues	1:00pm	<input checked="" type="checkbox"/> +
Mah Jongg - advanced play	Thu	12:00n	<input checked="" type="checkbox"/>
Pool Room: Drop-in play	7 days	Open hrs.	
Scrabble	Wed	1:00pm	<input checked="" type="checkbox"/>
Table Tennis	Sun	11:00am	
Wii Wednesdays (Virtual Bowling)	Wed	1:00pm	<input checked="" type="checkbox"/>

Sign-up/appointment required * \$2 Suggested donation
 Note: Session fees are \$1 (free with BSAC card);
 higher if noted with "+" symbol (discounts also available with BSAC)