



Weekly Activities

By Category

Arts/Crafts

Crochet/Knitting Class	Thu	9:30am	
Painting Group	Mon	1:00pm	
Quilting Group	Sat	9:30am	
RSVP Sewing/Knitting/Crocheting Group	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 (11 weeks)	Wed	9:00am	<input checked="" type="checkbox"/> +
Canasta	Wed	12:00n	<input checked="" type="checkbox"/>
Cribbage	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	+
Ballroom Dancing (recorded music)	Tues	9:30am	
Hula-Beginners	Thu	9:45am	
Hula-Advanced	Thu	10:30am	
Line Dance Class-Beginners	Sat	10:30am	+
Line Dance Class-Intermediate	Sat	9:15am	+
Moonlight Line Dance (& lessons)	Mon	6:30pm	+
Matinee Dance (DJ)	Sun	1:00pm	+
Square Dance Class-Beg (B&B)	Wed	7:00pm	+
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"/>
Providence Peer Counseling	Wed	1:00pm	<input checked="" type="checkbox"/>
Senior Support Group	Tues	3:00pm	<input checked="" type="checkbox"/>

Fitness

Ballet Stretch Fitness	Wed	9:30am	
Chair Exercise	Fri	8:30am	
Exercise - Beginners	Wed	8:30am	
Exercise - Intermediate	Mon	8:30am	
Fitness for Life (begins Mar 27)	Sat	1:00pm	+
P.A.C.E. (Arthritis exercises) Nov-Mar	Thu	3:00pm	
P.A.C.E. (Arthritis exercises) Apr-Oct	Thu	3:30pm	
Resistance Training	Tue	8:15am	+
T'ai Chi	Mon	1:00pm	+
T'ai Chi	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	

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	Daily	Open hrs.	
Horseshoes	Thu	6:30pm	
Mah Jongg - intermediate play	Tues	12:30pm	
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	Daily	Open hrs.	
Table Tennis	Sun	11:00am	
Wii Wednesdays (Virtual Bowling)	Wed	1:00pm	

Sign-up/appointment required

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

* \$2 suggested donation



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"/> *
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MONDAY

Exercise - Intermediate	8:30am	
Painting Group	1:00pm	
Writing Your Memories	1:00pm	<input checked="" type="checkbox"/>
T'ai Chi	1:00pm	+
Moonlight Line Dance Madness	6:30pm	+

TUESDAY

Resistance Training	8:15am	
Braille Community Ctr Program	9:00am	<input checked="" type="checkbox"/>
Ballroom Dancing (recorded music)	9:30am	
Karaoke	12:00n	
Mah Jongg - intermediate play	12:30pm	
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 (11 weeks)	9:00am	<input checked="" type="checkbox"/> +
Ballet Stretch Fitness	9:30am	
Sing-a-Long Group	10:00am	
Auld Lang Syne 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	
Chess	1:00pm	
Current Issues	1:00pm	<input checked="" type="checkbox"/>
Providence Peer Counseling	1:00pm	<input checked="" type="checkbox"/>
Ukulele Class	3:10pm	
B&B Square Dance Class-Beg	7:00pm	+

THURSDAY

Bowling (at Pinz)	9:30am	+
Crochet/Knitting Class	9:30am	
Hula-Beginners	9:45am	
Sing-a-Long Group	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	1:00pm	
P.A.C.E. (Arthritis exercise) Nov-Mar	3:00pm	
P.A.C.E. (Arthritis exercise) Apr-Oct	3:30pm	
Horseshoes	6:30pm	
Swinging Seniors Dance (live band)	7:00pm	+

FRIDAY

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

SATURDAY

Line Dance Class-Intermediate	9:15am	+
Quilting Group	9:30am	
Line Dance Class-Beginner	10:30am	+
Fitness for Life (begins Mar 27)	3:00pm	+

SUNDAY

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

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