



MONDAY

Brain Games

4:30 PM-5:30 PM

Play a variety of games, solve riddles, and have fun!

Mindfulness

5:00 PM-6:00 PM

Open your eyes to how you can bring a little more mindfulness into your everyday life.

Story Circles

5:30 PM-6:30 PM

We all have a story to tell. So, spend an hour each week engaging in Story Circles.

TUESDAY

Chess

4:00 PM-5:00 PM

Strengthen your skills and make an intergenerational connection across the chess board!

Story Circles

5:30 PM-6:30 PM

We all have a story to tell. So, spend an hour each week engaging in Story Circles.

Brain Games

5:00 PM-6:00 PM

Play a variety of games, solve riddles, and have fun

WEDNESDAY

Current Events

4:30 PM-5:45 PM

Reflect on current events and social issues as they relate to your lives.

Wrinkle Salon

5:00 PM-6:30 PM

Learn about how the way that we grow older affects how long we'll live, and how ageism affects both old and young people.

Music

4:30PM - 6:00PM

Create connections by sharing the music that means the most to you.

THURSDAY

LGBTQ+ Affinity Group

4:30 PM-6:00 PM

Connect over what it means to be a member of the LGBTQ+ community and learn from one another's experiences.

Story Circles

5:00 PM-6:00 PM

We all have a story to tell. So, spend an hour each week engaging in Story Circles.

Theater

5:00 PM-6:15 PM

Explore your creativity with theater and improv games.

Workshops run from Monday, March 20
through Thursday, May 18, 2023
No Workshop: April 3-6, 12-13

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