

GEORGE MORALES DOVE SPRINGS
RECREATION

VARSITY GENERATIONS

September's weekly schedule

MONDAY

9:00-10:00 Brain Exercises

10:00-11:00 Tai Chi

11:00-12:00 Loteria/Crafts



TUESDAY



9:00-9:30am Brain Exercises

9:30-10:00am Exercises (chair, stretching, indoor/outdoor, and dance)

10:00-12:00pm Knitting

WEDNESDAY

9:00-10:00am Golden Rollers

10:00-11:00am Arts & Crafts

11:00-12:00pm Loteria



THURSDAY

9:00-9:30am Brain Exercises

9:30-10:00am Exercises (chair, stretching, indoor/outdoor, and dance)

10:00-12:00pm Knitting

FRIDAY

9:00-9:30am Brain Exercises

9:30-10:30am Minute to Win it

10:30-12:00pm Ping-pong/pool



DAILY



Fitness Room:

9:00-10:00am

10:30-11:30 am

12:00-1:00pm

**CONTACT: GEORGE MORALES DOVE SPRINGS
RECREATION**

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PROGRAM SPECIALIST:

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