



PALMS CENTER FALL ACTIVITIES SCHEDULE (Starts 8/21/23)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
	8:00a– 11:00a Pickleball Intermediate & Advanced	9:00a-10:00a TAI CHI	8:00a– 11:00a Pickleball Intermediate & Advanced		PICKLEBALL 930-1230PM
9:00a - 10:00a Firm Believers				9:00a - 10:00a Firm Believers	
10:30a - 11:30a Vitality & Fusion		10:30a – 11:30a Vitality & Fusion		10:30a – 11:45a Gentle Grace Yoga w/Brandy	
12-1pm Gentle Grace Yoga w/Karen	11:00a - 2:00p Table Tennis	Table Tennis 12-3PM	11:00a -1230p Pickleball Beginner Lessons All 3 courts	12:15p-1:15pm Chair Yoga w/Brandy	Table Tennis 1PM-4PM
1:30p - 2:30p Chair Yoga w/Karen					
	2:00p – 5:00p Pickleball Open Play	4-5pm Dance Classes <i>when applicable</i>	2:00p – 5:00p Pickleball Open Play	2:00p – 5:00p Table Tennis	
6:00p - 9:00p SVC	6:00p – 9:00p SVC	Wednesday Basketball 830-11pm	6:00p – 9:00p SVC	Smartplaye Youth Basketball 5:30p - 7:30p	