

Village of Colonie Senior Center 518-869-7172

DAILY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:45 Qi Gong <i>(Sean F)</i>	10:00-10:45 CHAIR YOGA <i>(Noreen S.)</i>	11 - 11:45 Functional Movement <i>(Isadore J)</i>	10:15-11:00 Body Fitness <i>(Theresa M)</i>	11:00 - 2:30 Mah Jongg
9:45-10:30 Tai Chi <i>(Sean F)</i>	11-11:45 Functional Movement <i>(Isadore J)</i>		11:00-2:30 Mah Jongg	11-11:45 Functional Movement <i>(Isadore J)</i>

See Receptionist if you have any questions.