

Spring Activities and Classes
Eules Family Life Senior Center
EFLSC Hours: M-T-W-F - 6:30am-4:00pm TH: 6:30am-9:00pm

| <u>AEROBICS</u> | <u>DAY</u> | <u>TIME</u> | <u>FEE</u> |
|-----------------|------------|-------------|------------|
| Fit Start 1 | M | 9:00am | FREE |
| | T | 1:30pm | |
| Zumba | M & TH | 10:30am | FREE |
| Floor Aerobics | T & F | 9:00am | FREE |
| Tai Chi | T | 10:30am | FREE |
| Yoga | W | 9:00am | FREE |

WATER AEROBICS

| | | | |
|--------------------|-------|----------------|-------|
| Arthritic Aerobics | M-W-F | 8am-8:45am | **FEE |
| Water Pilates | M-W-F | 8:50am-9:20am | **FEE |
| Aqua Agility | M-W-F | 9:25am-10:10am | **FEE |
| Water Toning | T-TH | 8:00am-8:45am | **FEE |

****Unlimited Water Aerobics per month + yearly pool membership \$30**

Schedule & pricing is subject to change!

ONGOING ACTIVITIES

| | | | |
|--|---------------------------|-------------------|--------------|
| Lunch | T-W-TH | 11:30am | \$3 daily |
| <i>Lunches are ordered and paid for 2 days in advance by 11:45am</i> | | | |
| Crochet | M | 12:00pm | FREE |
| Texas Hold Em | M | 12:00pm | .50 |
| Pickleball | T-TH-F | 10am @ Rec Center | |
| Jewelry Making Class | T | 12:30pm | \$5 monthly |
| Duplicate Bridge | T & TH | 10:30am | FEE \$ |
| *Mystery Lunch | 3 rd Wednesday | 12:30pm | \$10-\$20 |
| Quilters & Stitchers | W | 10:00am | FREE |
| Party Bridge | W | 12:00pm | \$.50 |
| Decorative Painting | W | 12:30pm | \$5 month |
| Card Making | TH | 10:00am | FREE |
| Oil Painting | TH | 10:00am | \$20 monthly |
| Jammers | TH | 1:30pm | FREE |
| *Dining Out | 3 rd M | 5:00pm | \$7-\$20 |
| *Bunco | 2 nd F | 9:00am | \$3 |

*Registration is required for these activities, registration begins Dec. 18, 8am in person, phone in reservation 12 noon on Dec. 18. Call 817-685-1671 to register. You must be a member of EFLSC to participate in any activities.

February

- 7 **Stonebriar Mall** 9am
AARP Income Tax Prep 9am-1pm
Every Friday through April 11. Registrations begins January 6
- 14 **Bunco** 9am \$3
Must sign up a week in advance...must have multiples of 4!
- Valentine Party** 1pm FREE
- 21 **Wii Bowling Tournament** 8:30am
Last day to register February 14
- **Perot Museum of Nature & Science** 9:30 \$10
****Must pay at time of registration**

March

- 7 ****Texas Sports Hall of Fame** 8am \$5
Registration starts Dec. 18, 8am at senior center in person
- 14 **Bunco** 9am \$3
Must sign up a week in advance...must have multiples of 4!
- 21 ****Dallas Arboretum** 8am \$10+ lunch

April

- 11 **Granbury Square** 7am Lunch at Babe's
Bunco 9am \$3
Must sign up a week in advance...must have multiples of 4!
- 18 **Closed for City Holiday**
- 25 **Best Chocolate cake in Euless** 2pm turn in time!
- 25 **Washer Tournament** 8am
Last day to register April 11