

Weekly Activities



CHAMPIONS FOR A LIFETIME

Programs and Activities for Active Adults 55+

Monday	8 AM - 12 PM:	Quilting	(Bring your own material)
	8 AM - 1 PM:	Pickleball	(Registration & Fee Required)
	1 PM - 4 PM:	Bingo	
	4:30 PM - 5:30 PM	Chair Yoga	(Registration & Fee Required)
Tuesday	10 AM - 11 AM:	Tai Chi	(Registration & Fee Required)
	11 AM - 12 PM:	Zumba Gold	(Registration & Fee Required)
	1 PM - 4 PM:	Bingo	
	4 PM - 5 PM:	Alzheimer's Support Group every 1 st & 3 rd Tuesdays.	
Wednesday	10:30 AM - 12 PM:	Craft	(Make your favorite craft)
	11:30 AM - 1 PM:	Free Lunch and Learn every 4 th Wednesdays	
	12:30 PM - 3:30 PM	Pickleball	(Registration & Fee Required)
	1 PM - 4 PM:	Bingo	
	4:30 PM - 5:30 PM:	Chair Yoga	(Registration & Fee Required)
Thursday	10 AM - 11 AM:	Tai Chi	(Registration & Fee Required)
	11 AM - 12 PM:	Zumba Gold	(Registration & Fee Required)
	1 PM - 4 PM:	Bingo	
Friday	8 AM - 1 PM:	Pickleball	(Registration & Fee Required)
	10:30 AM - 12 PM:	Stitch & Chat	
	1 PM - 4 PM:	(Cross Stitch, Crochet, Knit, etc. Bring your own material) Bingo	
Saturday	10:30 AM - 11:30 AM	Golf Lessons	Green Valley Country Club (Registration & Fee Required)

FREE PROGRAMS & ACTIVITIES, EXCEPT WHERE REGISTRATION REQUIRED.

All activities located at the Clermont Arts & Recreation Center (3700 S. Hwy 27) unless noted above.

For more information on "Champions for a Lifetime" programs and activities, call 352-394-3500, email sramdass@clermontfl.org or visit our website www.ClermontFL.gov