

Weekly Irving Programs

Acrylic Art Class

Taught by Denetia St. Clair

Mondays & Wednesdays 12:30-1:30

Free Art Time

Bring your art projects for added help or just simply use the art room for your special pieces.

Mondays & Wednesdays 10:30

Walk & Talk

Walk at your own pace and track your steps on pedometers. Pedometers provided.

Every Morning 8:00-9:00

Adult Color

Join in the craze of adult coloring in the art room.

Tuesdays 9:00

Circuit Training

Improve your heart health, stamina, strength and balance with this time efficient and effective workout format taught by HYPER certified staff.

Tuesdays 9:30-10:30

Bingo

The most exciting fun happens in the dining hall

Thursdays 1:00

Wii Games

Join up for the engaging and interactive fun playing individual or team Wii Sports.

Fridays at 10:00

Movie & Popcorn

Tuesdays 1:00-3:00

June 29 - Secondhand Lions

July 6 - News of the World

July 13 - Let Him Go

July 20 - No Man's Land

July 27 - War with Grandpa

Mat & Framing

Bob Shay returns with his special skills to teach the art of matting and framing. Bring your own pictures.

Tuesdays & Thursdays 10:00-11:00

Monthly Tournaments

Trophies are awarded each month.

Domino: Last Tuesday @ 9:00

Pool: Last Thursday @ 9:00

Life is a Puzzle

The Irving Center has over 300 adult puzzles. Come and join in this relaxing activity.

Fridays 10:30 in Sewing Room

Get Fit

Don't miss fitness certified Chelsea Reeves as she instructs a low impact exercise hour!

Thursdays 9:00