

MITCHELL COMMUNITY CENTER
602 West Mitchell RD.
Memphis TN 38109
(901) 789-2927

MONDAY'S

10:00-1:00	SENIOR CITIZEN ACTIVITIES
12:00-7:45	GYM /GAMEROOM ACTIVITY
4:00-5:00	HEALTH AND WELLNESS
5:00-6:00	FOOTBALL
6:00-7:00	BASKETBALL
5:30-6:30	PLASTER CRAFT

TUESDAY'S

10:00-1:00	SENIOR CITIZEN ACTIVITIES
12:00-7:45	GYM /GAMEROOM ACTIVITIES
4:00-5:00	ARTS AND CRAFTS
5:00-6:00	CHILDREN CERAMIC

WEDNESDAY'S

10:00-1:00	SENIOR CITIZENS ACTIVITIES
12:00-7:45	GYM /GAMEROOM ACTIVITIES
4:00-5:00	COOK AND EAT
5:00-6:00	FOOTBALL
6:00-7:00	BASKETBALL

THURSDAY'S

10:00-1:00	SENIOR CITIZENS ACTIVITIES
12:00-7:45	GYM /GAMEROOM ACTIVITIES
4:00-5:00	JUNK CRAFT
6:00-7:45	ADULT CERAMICS

FRIDAY'S

10:00-1:00	SENIOR CITIZENS ACTIVITIES
12:00-6:00	GYM/ GAMEROOM ACTIVITIES
5:00-7:45	FAMILY NIGHT

SATURDAY'S

9:00- 2:00	GYM/GAMEROOM ACTIVITIES
10:00-11:00	PHYSICAL FITNESS
10:00-11:00	IN SEASON SPORTS

Class Schedules and Activities Fall & Winter 2006 - 2007

Kids At Work (Homework Help and Tutoring)

This program is provided for children grades: K through 12 to help in all areas of education including the Gateway study program.

Date and Time: Tuesday through Thursday 2:30pm to 5:00pm.

Instructor: Staff

Aerobics

This activity will help improve and maintain cardio-respiratory performance, aerobic movement and strengthen physical endurance of the total body.

Date and Time: Wednesday 3pm to 4pm & Saturday 9am to 10am.

Instructor: Staff

Dance

This activity will provide exposure to a variety of movements and style for unique and modern dancing.

Date and Time: Tuesday, Thursday & Friday 6pm to 8pm.

Instructor: Kim Eason

Arts and Craft

Participants will use their creative skills and make projects using basic craft supplies: glue, felt, paint craft kit, etc. Projects will also be made in Fabric Painting, Basic Tie Dye, and Ceramics

Date and Time: Friday 3pm to 4pm.

Instructor : Staff

Kids in the Kitchen

Children will learn basic skills for age appropriate cooking.

Date and Time: Friday 4pm to 5pm

Instructor : Staff

Music

Learn how to play the piano.

Date and Time: Friday 1pm to 2pm.

Instructor : TBA