

Programs for Older Adults Weekly Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Dance for PD</u> 1- 2 p.m. Oklahoma City Ballet Brackett Center</p> <p><u>Golden Swans</u> New! 1- 2 p.m. YMCA Healthy Living Center (50+)</p>	<p><u>Dance for PD</u> 11:30 a.m.-12:30 p.m. Mitch Park YMCA</p> <p><u>Move & Groove</u> 11:30 a.m.-12:30 p.m. YMCA Healthy Living Center (50+)</p> <p><u>Golden Swans</u> 1- 2 p.m. Oklahoma City Ballet Brackett Center</p>	<p><u>Move & Groove</u> 9:30-10:30 a.m. Edmond Senior Center</p> <p><u>Dance for PD</u> 1- 2 p.m. Oklahoma City Ballet Brackett Center</p> <p><u>Golden Swans</u> New! 1- 2 p.m. Earlywine Park YMCA</p>	<p><u>Golden Swans (Int/Adv)</u> 1- 2 p.m. Oklahoma City Ballet Brackett Center</p>	<p><u>Golden Swans</u> New! 1:30- 2:30 p.m. Pete White Health & Wellness Center YMCA *Start Date- 2/13</p>

Come take class with us across the city!