

Humble Senior Activity Center

1419 S. Houston Ave., Humble, TX 77338
281-540-7442 (office) 281-620-4731 (cell)

Monday **(8am-4pm)**

****Seniorcise** (Elfie)
8:30-9:30am
(Multipurpose Room)

Senior Drumming (Elfie)
9:45-10:30am
(Aerobics Room)

Rhythm walking
(hallway/park)

Bingo 1-3pm
(Multipurpose Room)

****Maxbowl-Humble**
2390 Wilson Rd.
Humble, TX 77396

****class is limited to 35
participants – first come, first
serve**

Tuesday **(8am-4pm)**

Open Play Pickleball
8am - 12pm
(Multipurpose Room)

**REFIT® (Jen) 8:30am &
9:30am classes *limit 15 per class**
(Aerobics Room)

The Gentlemen's Circle
9am – 11am
(Library)

Rhythm walking
(hallway/park)

Guitar 10am - 12pm
(Classroom)

****Bowling (limit of 30 Bowlers)**
11am

***Maxbowl Humble**

Integral Tai-Chi
11am - 1pm
(Aerobics Rooms)

Line Dancing
1pm-2:30pm
(Multipurpose Room)

Wednesday **(8am-4pm)**

****Senior Fit** (Ann Marie)
9-9:45am
(Multipurpose Room)

****Chair Yoga** (Ann Marie)
10am - 10:45am
(Multipurpose Room)

Rhythm walking
(hallway/park)

Bunko 10am-12pm
(1st & 3rd Wednesday)

(Game Room)

Krav Maga
11am – 12pm
(Aerobics Room)

Bingo 12pm -1:30pm
(Multipurpose Room)

Zumba (Patty) *limit 15 per class
1:30 pm – 2:30pm
(Aerobics Room)

Thursday **(8am-4pm)**

Canasta
8am-4pm
(Aerobics Room)

**Left, Right, Center
Game**
12pm – 1:30pm
(Game Room)

Spades
10am – 12 noon
(Library)

Crafty Hands
10am
(Classroom)

Rhythm walking
(hallway/park)

Open Play Pickleball
8 am – 2 pm
(Multipurpose Room)

Friday **(7:30am-12pm)**

Exercise (Patty)
8am – 8:45am
(Multipurpose Room)

**The Gentlemen's
Circle**
9am – 11am
(Library)

Mahjong
9 am – 11:30am
(Gameroom)

Rhythm walking 10am
(hallway/park)

Open Play Pickleball
9am-12pm
(Multipurpose Room)

Kickboxing
11am – 12pm
(Aerobics Room)