

SAMPLE MONTH PROGRAM CALENDAR

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

Here's a glimpse into the wellness programs, special events, outings and other activities offered at Holladay Park Plaza.

While the following list provides a sample of what's available, our dynamic community is continuously evolving, with residents regularly introducing new groups and committees to explore emerging interests.

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8:00 Acupuncture
8:30 Strength & Cardio
9:30 Better Bones
10:00 Plaza Plunkers
10:30 Balance Games
2:30 Let's Dance
1:00 Mat Pilates
2:00 Mah Jongg

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8:00 Rise & Stretch
9:00 Ab Lab / Ai Chi Aqua
9:30 Grocery Bus
10:00 Arthritis Aqua
10:00 Taoist Tai Chi
11:30 Chair Pilates/Yoga
1:00 Ballet Barre & Stretch
3:00 Ping Pong
6:30 Stag AA Mtg

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8:00 Morning Stretch
8:30 Strength & Cardio
9:15 Aqua Fit
9:30 Better Bones
10:00 Plaza Plunkers
10:30 Plaza Singers
10:30 Balance Games
12:30 Let's Dance
1:00 Mat Pilates
2:00 Chat with Matt
2:30 Yoga
3:00 Meditation

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8:00 Rise & Stretch
9:00 Ab Lab / Ai Chi Aqua
10:00 Arthritis Aqua
10:00 Tai Chi
11:15 Qigong
1:00 Barre & Stretch
1:30 Grocery Bus
3:00 Ping Pong
4:00 Social Hour

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9:00 Functional Fitness for All
9:15 Aqua Fit
10:00 Plaza Plunkers
10:30 Balance Games
11:30 Tap Dance - Beginners
1:00 Plaza Players Play Reading
2:00 Drums Alive
3:00 Holladay Bazaar Setup
5:30 Family Dinner
7:00 Spite & Malice

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10:00 Plaza Plunkers
11:00 Holladay Bazaar
12:30 Making Popcorn
3:00 Ping Pong

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4:00 Vespers
5:00 Book Club

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8:00 Acupuncture
8:30 Strength & Cardio
9:30 Better Bones
10:00 Plaza Plunkers
10:30 Balance Games
2:30 Let's Dance
1:00 Mat Pilates
2:00 Mah Jongg

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8:00 Rise & Stretch
9:00 Ab Lab / Ai Chi Aqua
9:30 Grocery Bus
10:00 Arthritis Aqua
10:00 Taoist Tai Chi
11:30 Chair Pilates/Yoga
1:00 Ballet Barre & Stretch
3:00 Ping Pong Play
6:30 Stag AA Meeting

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8:30 Strength & Cardio
9:15 Aqua Fit
9:30 Better Bones
10:00 Plaza Plunkers
10:30 Balance Games
10:30 Plaza Singers
12:30 Let's Dance
1:00 Mat Pilates
2:00 Chat with Matt
3:00 Parkinson's Support Grp
3:00 Meditation
3:30 Street Books

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8:00 Rise & Stretch
9:00 Ab Lab / Ai Chi Aqua
10:00 Arthritis Aqua
10:00 Tai Chi
11:15 Qigong
1:00 Barre & Stretch
1:30 Grocery Bus
3:00 Ping Pong
4:00 Social Hour

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9:00 Functional Fitness
9:15 Aqua Fit
9:30 Lan Su Chinese Garden
10:00 Plaza Plunkers
10:30 Balance Games
11:30 Tap Dance - Beginners
1:00 Chair Pilates/Yoga Stretch
2:00 Drums Alive
2:00 The Alice Project
7:00 Spite & Malice

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10:00 Plaza Plunkers
12:30 Bridge Party
12:30 Making Popcorn
1:30 Private Book Club
2:00 Now What?
3:00 Ping Pong

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2:00 Plaza Plunkers
4:00 Vespers

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8:00 Acupuncture
8:30 Strength & Cardio
8:30 Book Group Mtg
9:15 Bus to Book Bank
9:15 Aqua Fit
9:30 Better Bones
10:00 Plaza Plunkers
10:30 Balance Games
1:00 Mat Pilates
2:30 Let's Dance
2:00 Mah Jongg
7:15 A Perfectly Ordinary Paradise

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8:00 Rise & Stretch
9:00 Ab Lab / Ai Chi Aqua
9:30 Grocery Bus
10:00 Arthritis Aqua
10:00 Taoist Tai Chi
11:30 Chair Pilates/Yoga
1:00 Ballet Barre & Stretch
2:00 Director's Forum
2:30 Able Hearing
3:00 Ping Pong
6:30 Stag AA Mtg
7:00 David Steinberg Jazz

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8:00 Morning Stretch
8:30 Strength & Cardio
9:15 Aqua Fit
9:30 Better Bones
10:00 Plaza Plunkers
10:30 Plaza Singers
10:30 Balance Games
11:00 Bento Buddies
12:30 Let's Dance
1:00 Mat Pilates
2:00 Chat with Matt
2:30 Yoga
3:00 Meditation

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8:00 Rise & Stretch
9:00 Ab Lab / Ai Chi Aqua
10:00 Arthritis Aqua
10:00 Tai Chi
10:00 Bible 200
11:15 Qigong
1:00 Ballet Barre & Stretch
1:30 Grocery Bus
3:00 Ping Pong
4:00 Social Hour

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9:00 Functional Fitness
9:15 Aqua Fit
10:00 Plaza Plunkers
10:30 Balance Games
11:00 Grays Going Green
11:30 Tap Dance - Beginners
1:00 Chair Pilates/Yoga Stretch
2:00 Drums Alive
7:00 Spite & Malice

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10:00 Plaza Plunkers
12:30 Making Popcorn
2:00 Plaza Players Rehearsal
3:00 Ping Pong

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2:00 Plaza Plunkers
4:00 Vespers

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8:00 Acupuncture
8:30 Strength & Cardio
9:15 Aqua Fit
9:30 Better Bones
10:00 Plaza Plunkers
10:30 Balance Games
1:00 Mat Pilates
2:30 Let's Dance
2:00 Mah Jongg

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8:00 Rise & Stretch
9:00 Ab Lab / Ai Chi Aqua
9:30 Grocery Bus
10:00 Arthritis Aqua
10:00 Taoist Tai Chi
10:00 Small Group Training
11:30 Chair Pilates/Yoga
1:00 Ballet Barre & Stretch
3:00 Ping Pong
6:30 Stag AA Mtg

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8:30 Strength & Cardio
9:15 Aqua Fit
9:30 Better Bones
10:00 Plaza Plunkers
10:30 Plaza Singers
10:30 Balance Games
12:30 Let's Dance
1:00 Mat Pilates
1:30 Afternoon Book Group
2:00 Chat with Matt
2:30 Yoga
3:00 Meditation
6:30 12 Angry Jurors

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8:00 Rise & Stretch
8:00 Cat Society
9:00 Ab Lab / Ai Chi Aqua
10:00 Bible 200
10:00 Arthritis Aqua
10:00 Tai Chi
11:15 Qigong
1:00 Ballet Barre & Stretch
1:00 League of Women Voters
1:30 Grocery Bus
3:00 Ping Pong
4:00 Social Hour
6:30 12 Angry Jurors
7:00 Engaging Minds

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9:00 Functional Fitness
9:15 Aqua Fit
9:30 Uwajimaya Shopping Trip
10:00 Plaza Plunkers
10:30 Balance Games
11:30 Tap Dance - Beginners
1:00 Chair Pilates/Yoga Stretch
1:30 12 Angry Jurors
2:00 Drums Alive
2:00 Book Club Meeting
7:00 Spite & Malice

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10:00 Plaza Plunkers
12:30 Bridge Party
12:30 Making Popcorn
3:00 Ping Pong

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2:00 Plaza Plunkers
4:00 Vespers

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8:00 Acupuncture
8:30 Strength & Cardio
9:15 Aqua Fit
9:30 Better Bones
10:00 Plaza Plunkers
10:30 Balance Games
12:30 Let's Dance
1:00 Mat Pilates
2:00 Mah Jongg
7:15 Santa Fe Photographers

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8:00 Rise & Stretch
9:00 Ab Lab / Ai Chi Aqua
9:30 Grocery Bus
10:00 Arthritis Aqua
10:00 Taoist Tai Chi
11:30 Chair Pilates/Yoga
1:00 Ballet Barre & Stretch
3:00 Ping Pong
6:30 Stag AA Mtg