

Quantum LEAP Activities 2022

Fall Session I: Monday, September 19th – Thursday, October 27th

Registration Deadline: Friday, September 16, 2022



September 2022											
Sun	Mon			Tue		Wed		Thu		Fri	Sat
								1		2	3
4	5			6		7		8		9	10
11	12			13		14		15		16	17
18	19 Walking Club (East) 6-7pm In-Person Jazzerize w/Patty 6pm-6:45pm In-Person JL Fitness 6:30-7:30pm In-Person			20 Adaptive Rhythm & Movement 6-7:15 or 7:15-8:30pm Virtual		21 JL Boxing Fitness 5:30-6:30pm In-Person Sport Talk 12-1pm Virtual		22 Chair Yoga 12-12:45pm Virtual Acrylic Painting 9:30-10:30am In-person Walking Club (West) 6-7pm In-person		23	24
25	26 Walking Club (East) 6-7pm In-Person Jazzerize w/Patty 6pm-6:45pm In-Person JL Fitness 6:30-7:30pm In-Person			27 Adaptive Rhythm & Movement 6-7:15 or 7:15-8:30pm Virtual		28 JL Boxing Fitness 5:30-6:30pm In-Person Sport Talk 12-1pm Virtual		29 Chair Yoga 12-12:45pm Virtual Acrylic Painting 9:30-10:30am In-person Walking Club (West) 6-7pm In-person		30	

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2	3 Walking Club (East) 6-7pm In-Person Jazzerize w/Patty 6pm-6:45pm In-Person JL Fitness 6:30-7:30pm In-Person	4 Adaptive Rhythm & Movement 6-7:15 or 7:15-8:30pm Virtual	5 Bowling League 12 - 12:45pm In-person JL Boxing Fitness 5:30-6:30pm In-person Sport Talk 12-1pm Virtual	6 Chair Yoga 12-12:45pm Virtual Acrylic Painting 9:30-10:30am In-person Walking Club (West) 6-7pm In-person	7	8
9	10 Walking Club (East) 6-7pm In-Person Jazzerize w/Patty 6pm-6:45pm In-Person JL Fitness 6:30-7:30pm In-Person	11 Adaptive Rhythm & Movement 6-7:15 or 7:15-8:30pm Virtual	12 Bowling League 12 - 12:45pm In-person JL Boxing Fitness 5:30-6:30pm In-person Sport Talk 12-1pm Virtual	13 Chair Yoga 12-12:45pm Virtual Acrylic Painting 9:30-10:30am In-person Walking Club (West) 6-7pm In-person	14	15
16	17 Walking Club (East) 6-7pm In-Person Jazzerize w/Patty 6pm-6:45pm In-Person JL Fitness 6:30-7:30pm In-Person	18 Adaptive Rhythm & Movement 6-7:15 or 7:15-8:30pm Virtual	19 Bowling League 12 - 12:45pm In-person JL Boxing Fitness 5:30-6:30pm In-person Sport Talk 12-1pm Virtual	20 Chair Yoga 12-12:45pm Virtual Acrylic Painting 9:30-10:30am In-person Walking Club (West) 6-7pm In-person	21	22
23	24 Walking Club (East) 6-7pm In-Person Jazzerize w/Patty 6pm-6:45pm In-Person JL Fitness 6:30-7:30pm In-Person	25 Adaptive Rhythm & Movement 6-7:15 or 7:15-8:30pm Virtual	26 Bowling League 12 - 12:45pm In-person JL Boxing Fitness 5:30-6:30pm In-person Sport Talk 12-1pm Virtual	27 Chair Yoga 12-12:45pm Virtual Acrylic Painting 9:30-10:30am In-person Walking Club (West) 6-7pm In-person	28	29
30	31					