

SESSION 5

SEPTEMBER 14, 2026 – NOVEMBER 6, 2026

MONDAY	CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
	MELLOW MORNING STRETCH	DENISE MAYES	VICTORY ROOM	8:30AM	9:00AM
	WELLNESS WALKERS	DENISE MAYES	F109	9:00AM	9:50AM
	CIRCUIT TRAINING Reg. Sept. 10th @10AM	ANITA ADAMS	F106	9:30AM	10:30AM
	BEGINNING PIANO I	DEVONTE TAYLOR	A124	9:30AM	10:50AM
	LEARN HOW TO PLAY POOL	JOHN OVERSTREET	BILLIARDS RM	9:00AM	11:00AM
	ZUMBA GOLD	LAWANDA BROKENBOROUGH	VICTORY RM	10:00AM	10:50AM
	MELLOW MOMENTS Reg. Sept. 10th @10AM	WILMA BYRD	A117	10:00AM	11:30AM
	FUNCTIONAL STRENGTH TRAINING Reg. Sept. 10th @10AM	ANITA ADAMS	A123	10:45AM	11:30AM
	DYNAMIC YOGA	LORNA LINDSAY	VICTORY ROOM	11:00AM	11:50AM
	BEGINNING PIANO II	DEVONTE TAYLOR	A124	11:00AM	12:30PM
	JAMMING TO THE OLDIES w/WEIGHTS Reg. Sept. 10th @10AM	DARYL MADISON	F106	11:00AM	11:50AM
	CHAIR LINE DANCE & STRENGTH TRAINING	RENEE BURWELL	VICTORY RM	12:00PM	12:45PM
	TAI CHI ARTHRITIS FOUNDATION	HERTENCER SHEPHARD	F106	12:00PM	12:50PM
	FITNESS ROOM CONSULT W/DEE (Learn how to use the fitness machines)	DEIRDRE PARRISH	F108	12:00PM	12:50PM
	STRENGTH TRAINING Reg. Sept. 10th @10AM (BEGINNER & INTERMEDIATE)	DEIRDRE PARRISH	F106	1:00PM	1:50PM
	LWSC SIGNING CHOIR PRACTICE	ANDRE BRYANT	D124	1:00PM	1:50PM
	LWSC CHOIR REHEARSAL	DEVONTE TAYLOR	A123	1:00PM	2:30PM
	HEALTHY COOKING Reg. Sept. 10th @10AM	DR. JOY	A106	1:00PM	3:00PM
	DRAMA CLASS	CHARLENE KNOX	D125	1:00PM	2:50PM
	ANOTHER LEVEL DANCE GROUP	MARY BOLTON	A114	1:30PM	2:50PM
	WII BOWLING	M&M	VICTORY RM	1:00PM	2:50PM
	CHAIR YOGA	LAWANDA BROKENBOROUGH	F109	2:00PM	2:50PM
	CHAIR-A-CISE AB BLASTER & CARDIO Reg. Sept. 10th @10AM	DARYL MADISON	F106	2:00PM	2:50PM
	SILVER WINGS PRAISE DANCE	MARY JANE RICHARDSON	A123	2:30PM	4:00PM
	STICK FLOW STRETCH, ALIGN AND BALANCE	MONASIMONE	VICTORY RM	3:00PM	3:50PM

\$\$ additional funds may be required for class materials

TUESDAY	CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
	STRETCH, FLEX AND BREATHE	DEIRDRE PARRISH	VICTORY ROOM	8:30AM	9:00AM
	LINE DANCING	MARY BOLTON	VICTORY RM	9:00AM	9:50AM
	WELLNESS WALKERS	DENISE MAYES	F106	9:00AM	9:50AM
	FITNESS ROOM CONSULT W/DEE (Learn how to use the fitness machines)	DEIRDRE PARRISH	F108	9:15AM	9:50AM
	ADVANCED GUITAR GROUP	PRACTICE	A124	10:00AM	10:50AM
	BASIC COMPUTER SKILLS Reg. Sept. 10th @10AM	RAYMOND FISHER	COMPUTER LAB	10:00AM	12:00PM
	ADVANCED WEIGHT TRAINING Reg. Sept. 10th @10AM	DEIRDRE PARRISH	F106	10:00AM	10:50AM
	\$\$ ADVANCED QUILTING Reg. Sept. 10th @10AM	KAREN FURNISH	A125	10:00AM	11:50AM
	ZUMBA GOLD TONING	RENEE BURWELL	VICTORY RM	10:00AM	10:50AM
	\$\$ MARTIAL ARTS (Beginner) Reg. Sept. 10th @10AM	MASTER MADDOX	A123	10:00AM	11:30AM
	\$\$BEGINNER BOXING CLASS Reg. Sept. 10th @10AM	PAT WILSON	F109	11:00AM	11:50AM
	STRENGTH TRAINING Reg. Sept. 10th @10AM (BEGINNER & INTERMEDIATE)	DEIRDRE PARRISH	F106	11:00AM	11:50AM
	STRETCHING FULL BODY	GABRIELLE CARTY	VICTORY RM	11:00AM	11:50AM
	\$\$AROMA THERAPY & THE POWER OF ESSENTIAL OILS (Class starts 9/22/26) Reg. Sept. 10th @10AM	LANELLE HENDERSON	D125	11:00AM	12:30PM
	BEGINNING GUITAR I	JAMES THOMPSON	A124	11:00AM	12:30PM
	CELL PHONE TECHNOLOGY Reg. Sept. 10th @10AM	VICTOR THOMAS	D124	11:00AM	1:00PM
	LINE DANCING	ROSE MERRY BROCK	VICTORY ROOM	12:00PM	12:50PM
	HIGHLIGHTERS LINE DANCE GROUP	JOHNNYE ASHLEY	A123	12:00PM	1:50PM
	BEGINNING GUITAR II	JAMES THOMPSON	A124	12:30PM	2:00PM
	INTERMEDIATE/ADVANCED COMPUTER SKILLS Reg. Sept. 10th @10AM	RAYMOND FISHER	COMPUTER LAB	1:00PM	3:00PM
	ZEN FLOW YOGA Reg. Sept. 10th @10AM	CHEETARA WALWYN	F106	1:00PM	1:50PM
	\$\$ RELAXING WITH COLORS	STUDENTS	D125	1:00PM	2:50PM
	\$\$ POTTERY: HAND-BUILDING BASICS Reg. Sept. 10th @10AM	TERESA WINTERS	A101	1:00PM	3:50PM
	BEGINNING PINOCHLE	CHRISTINE AMATUL-KHAALIQ	A106	1:00PM	2:50PM
	\$\$ BEGINNER SEWING CLASS Reg. Sept. 10th @10AM	PAULETTE STRAIN	A125	1:00PM	2:50PM
	YOU ARE AS YOUNG AS YOU FEEL Reg. Sept. 10th @10AM	MERRILL WHITE	A117	1:30PM	3:30PM
	TABLE TENNIS (Every 3 rd Tuesday & 2 nd Friday)	SEVE OBA ADIGUN	A123	2:00PM	3:30PM
	SILVER SNEAKERS CARDIO DANCE W/WEIGHTS Reg. Sept. 10th @10AM	DENISE MAYES	F106	2:00PM	2:50PM
	PULL UP A CHAIR AND LET'S MOVE Reg. Sept. 10th @10AM	BRYCE BENTON	F106	3:00PM	3:50PM
	LET'S PLAY MAHJONG	JANET WHEELER	VICTORY ROOM	3:00PM	5:00PM

WEDNESDAY

CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
MELLOW MORNING STRETCH	DENISE MAYES	VICTORY ROOM	8:30AM	9:00AM
WELLNESS WALKERS	DENISE MAYES	F106	9:00AM	9:50AM
\$\$ BASIC CROCHET CLASS Reg. Sept. 10th @10AM	CHRISTINE FLEMING	D124	9:00AM	10:30AM
LEARN HOW TO PLAY POOL	JOHN OVERSTREET	BILLIARDS RM	9:00AM	11:00AM
INTERMEDIATE PIANO I	DEMI WILLIS	A124	9:30AM	10:50AM
ROMANCE FROM 50 TO FOREVER Reg. Sept. 10th @10AM	VERONICA BAILEY	A117	9:30AM	11:30AM
\$\$ HAT MAKING/PROJECT COMPLETION	STUDENTS	A125	10:00AM	12:50PM
CIRCUIT TRAINING/ CLASSROOM Reg. Sept. 10th @10AM	GABRIELLE CARTY	F106	10:00AM	10:50AM
DANCE TROOP	REHEARSAL	A123	10:00AM	10:50AM
LINE DANCING	CHARLEEN MCBRAYER	VICTORY RM	10:00AM	10:50AM
WRITING CLASS	ANITA CLAY	D125	10:00AM	11:50AM
BEGINNER GOLF CLASS <i>(REGISTER AT THE FRONT DESK)</i> <i>(CLASS STARTS 9/23/26)</i>	BILLY BULIMER	MYSTERY VALLEY	11:00AM	12:00PM
\$\$ ADVANCED CROCHET CLASS Reg. Sept. 10th @10AM	CHRISTINE FLEMING	D124	11:00AM	12:30PM
LIMITED MOBILITY CHAIR AEROBICS & STRENGTH	JUSTON WALTERS	VICTORY ROOM	11:00AM	11:50AM
SOULFUL YOGA & STRETCH	MARY SPENCER	F106	11:00AM	11:50AM
CHICAGO STEP CLASS I Reg. Sept. 10th @10AM	LUISA HUNTE	A123	11:00AM	11:50AM
INTERMEDIATE PIANO II	DEMI WILLIS	A124	11:00AM	12:30PM
CHAIR VOLLEYBALL	DOROTHY WRIGHT	VICTORY RM	12:00PM	12:50PM
TOASTMASTER	CHARLENE KNOX	A117	12:00PM	1:15PM
BRAIN GAMES Reg. Sept. 10th @10AM	LORNA LINDSAY	D125	12:00PM	12:50PM
CHICAGO STEP CLASS II Reg. Sept. 10th @10AM	LUISA HUNTE	A123	12:00PM	12:50PM
BRAIN GAMES II Reg. Sept. 10th @10AM	LORNA LINDSAY	F109	1:00PM	1:50PM
SOCIAL MEDIA FOR SENIORS Reg. Sept. 10th @10AM	VICTOR THOMAS	COMPUTER LAB	1:00PM	2:00PM
\$\$ BEGINNING/INTERMEDIATE QUILTING Reg. Sept. 10th @10AM	MARILYN FRANKLIN	A125	1:00PM	3:50PM
PICKLE BALL BASICS	DOROTHY WRIGHT	VICTORY RM	1:00PM	4:00PM
SEATED ABS Reg. Sept. 10th @10AM	GABRIELLE CARTY	F106	1:00PM	1:50PM
HEALTHY COOKING Reg. Sept. 10th @10AM	DR. JOY	A106	1:00PM	3:00PM
JEWELRY MAKING Reg. Sept. 10th @10AM	VALERIE KEITH	D125	1:15PM	4:30PM
AFRICAN AMERICAN HISTORY	MERRILL WHITE	A123	1:45PM	3:50PM
FAN TAI CHI	HERTENCER SHEPPARD	F106	2:00PM	2:50PM
SCRABBLE CLUB	CHRISNA JONES	A117	2:00PM	4:50PM

\$\$ additional funds may be required for class materials

THURSDAY

CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
STRETCH, FLEX AND BREATHE	DEIRDRE PARRISH	VICTORY ROOM	8:30AM	9:00AM
STICK FLOW STRETCH, ALIGN AND BALANCE	MONASIMONE	VICTORY RM	9:00AM	9:50AM
BALANCE AND FALL PREVENTION Reg. Sept. 10th @10AM	KOACH KEY	F109	9:00AM	9:50AM
WELLNESS WALKERS	DENISE MAYES	F106	9:00AM	9:50AM
\$\$ INTERMEDIATE SEWING Reg. Sept. 10th @10AM	PAULETTE STRAIN	A125	9:00AM	12:00AM
DIGITAL PHOTOGRAPHY WORKSHOPS	BOB GLICKSMITH	D125	9:00AM	11:00AM
\$\$ CROCHET BY NUMBERS Reg. Sept. 10th @10AM	TODD PASCHALL	A117	9:00AM	12:30PM
FITNESS ROOM CONSULT W/DEE (Learn how to use the fitness machines)	DEIRDRE PARRISH	F108	9:15AM	9:50AM
ADVANCED WEIGHT TRAINING Reg. Sept. 10th @10AM	DEIRDRE PARRISH	F106	10:00AM	10:50AM
MOVE, GROOVE & TONE W/WEIGHTS/CHAIR FITNESS	RENEE BURWELL	VICTORY RM	10:00AM	10:50AM
\$\$ KREATIVE CONNECTIONS Reg. Sept. 10th @10AM (Greeting cards, tee-shirts, novelty gifts)	TYSHAE DAVIS	A106	10:00AM	12:30PM
\$\$ MARTIAL ARTS (INTERMEDIATE/ADVANCED) Reg. Sept. 10th @10AM	MASTER MADDOX	A123	10:00AM	11:30AM
STRONG AND STEADY (RESISTANCE TRAINING) Reg. Sept. 10th @10AM	PAT WILSON	F109	11:00AM	11:50AM
STRENGTH TRAINING Reg. Sept. 10th @10AM (BEGINNER & INTERMEDIATE)	DEIRDRE PARRISH	F106	11:00AM	11:50AM
CELL PHONE TECHNOLOGY Reg. Sept. 10th @10AM	VICTOR THOMAS	D124	11:00AM	1:00PM
CHAIR AEROBICS	GABRIELLE CARTY	VICTORY RM	11:00AM	11:50AM
LINE DANCING	ROSE MERRY BROCK	VICTORY RM	12:00PM	12:50PM
OPEN SEW, QUILT & PROJECT COMPLETION	STUDENTS	A125	1:00PM	3:50PM
\$\$ DRAWING, PAINTING & SCULPTURE (Art is Fundamental) Reg. Sept. 10th @10AM	MARGARET KELLEY	A106	1:00PM	2:50PM
ZEN FLOW YOGA Reg. Sept. 10th @10AM	CHEETARA WALWYN	F106	1:00PM	1:50PM
\$\$ COLOR BY NUMBERS Reg. Sept. 10th @10AM	TODD PASCHALL	A117	1:00PM	3:50PM
BASIC DIGITAL PHOTOGRAPHY	BOB GLICKSMITH	D125	1:00PM	3:00PM
\$\$ INTERMEDIATE POTTERY Reg. Sept. 10th @10AM	JOHN SHULTZ	A101	1:00PM	3:50PM
ICON MODELS	JAN REYNOLDS	A123	1:00PM	1:50PM
\$\$ COLOR CREATIONS Reg. Sept. 10th @10AM	PAT JACKSON	D124	1:30PM	3:00PM
SENIOR FRIENDLY TECHNOLOGY Reg. Sept. 10th @10AM	VICTOR THOMAS	COMPUTER LAB	2:00PM	3:30PM
TAI CHI FOR ARTHRITIS	HERTENCER SHEPPARD	A123	2:00PM	2:50PM
SILVER SNEAKERS/JAMMING TO THE OLDIES Reg. Sept. 10th @10AM	DENISE MAYES	F106	2:00PM	2:50PM

FRIDAY	CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
	BEGINNING SPANISH Reg. Sept. 10th @10AM	THOMASINA GOODGAME	A117	9:00 AM	9:50AM
	INTERMEDIATE DIGITAL PHOTOGRAPHY	BOB GLICKSMITH	D125	9:00AM	11:00AM
	\$\$ EMBELLISHMENTS Reg. Sept. 10th @10AM	TRACIE HAWKINS	A125	9:00AM	11:00AM
	STRENGTH & AGILITY TRAINING Reg. Sept. 10th @10AM	ANITA ADAMS	F106	10:00AM	10:50AM
	BALLROOM DANCE	THE BALLROOM MAESTRO	VICTORY RM	10:00AM	10:50AM
	INTERMEDIATE SPANISH Reg. Sept. 10th @10AM	THOMASINA GOODGAME	A117	10:00 AM	10:50AM
	YOGA + PILATES FUSION Reg. Sept. 10th @10AM	ANITA ADAMS	F106	11:00AM	11:50AM
	LWSC ELEGANCE IN MOTION	THE BALLROOM MAESTRO	VICTORY RM	11:00AM	11:50AM
	PERFORMANCE PIANO	DEVONTE TAYLOR	A124	11:00AM	12:30PM
	ZUMBA GOLD	MONASIMONE	VICTORY RM	12:00PM	12:50PM
	CIRCUIT TRAIN W/DEIRDRE Reg. Sept. 10th @10AM	DEIRDRE PARRISH	F106	12:00PM	12:50PM
	\$\$ BEGINNING QUILTING Reg. Sept. 10th @10AM	TRACIE HAWKINS	A125	12:00PM	2:30PM
	LWSC CHOIR REHEARSAL	DEVONTE TAYLOR	A123	1:00PM	2:30PM
	THE ART AND PRACTICE OF MEDITATION Reg. Sept. 10th @10AM	LARRY DAVIS	A117	1:00PM	3:00PM
	ADVANCED DIGITAL PHOTOGRAPHY	BOB GLICKSMITH	D125	1:00PM	3:00PM
	POWER SCULPT AND STRENGTH W/WEIGHTS	DARYL MADISON	F106	1:00PM	1:50PM
	SILVER WINGS PRAISE DANCE	MARY JANE RICHARDSON	A123	2:30PM	4:00PM

\$\$ additional funds may be required for class materials

Rev: 9/14/26