Meridian Activity Center

2020 List of Activities
Summer 2020: May 18-June 15  Summer II 2020: July 20-Aug. 17
Fall 2020: Aug 31-Sept. 28
Winter II 2020: TO BE ANNOUNCED

~ Class Fees ~
Checks are to be made payable to City of Meridian
$27 for adults under 55 living in city limits
$32 for adults under 55 living outside city limits
$15 for adults over 55 living inside city limits
$18 for adults over 55 living outside city limits

Monday Classes
Floor Exercise w/Kay  8:00-9:00
Strength Training w/Pat  8:30-9:30
Yoga w/Pat    9:30-10:30
Yoga w/ Rene 8:00-9:00
Building Better Bones w/Rene  9:00-10:00
Seated Exercise 9:00-10:00
Beginner Sewing w/Gracie 9:00 -2:00
Hand Quilting w/Sue 9:00-11:30
Hand Quilting w/Sue 12:00-2:30
Smocking w/Teresa 8:30-11:30
Smocking w/Teresa 11:30-2:30
Swedish Weaving w/Sandra 1:00-4:00
Bridge Club 1-5
Floral Design w/Benny  5:30-8:30
Machine Quilting w/Mary 1-4
Slimnastics w/Brenda 4:30-5:30
Yoga – w/Pat FREE 5:30-6:30
Machine Quilting Group—No instructor 5:30-8:30
Tai Chi 5:30-6:30

Tuesday Classes
Beginner Machine Quilting w/Gracie 9-2
Seated Exercise 9:00-10:00
Advanced Painting w/Peggy 9:00-12:00
Advanced Painting w/Peggy 1:00-4:00
Smocking w/Teresa 8:30-11:30
Smocking w/Teresa 11:30-2:30
Hand Quilting w/Sue 9:00-11:30
Hand Quilting w/Sue 12:00-2:30
Machine Quilting w/Mary 9:00-12:00
Machine Quilting w/Mary 1:00-4:00
Stained Glass w/Chris 2:00-4:00
Beginning Bridge w/Tommie 10-12
Bridge Club 1-5

Wednesday Classes
Floor Exercise w/Kay  8:00-9:00
Strength Training w/Pat  8:30-9:30
Yoga w/Pat    9:30-10:30
Yoga w/ Rene 8:00-9:00
Building Better Bones w/Rene  9:00-10:00
Crochet & Knitting w/Mary 10:00-1:00
Seated Exercise 9:00-10:00
Seated Exercise 4:30-5:30
Art w/Peggy 9:00-12:00
Art w/Peggy 1:00-4:00
Beginner Bridge 1:00-3:00

Thursday Classes
Seated Exercise 9:00-10:00
Knitting w/Faye 9:00-12:00
Intermediate/Advanced Heirloom Sewing 9:00-12:00
Crochet w/Faye 1:00-4:00
Gentle Yoga w/Pat Free 10:00-11:00
Bridge Club 1:00– 5:00
Slimnastics w/Brenda 4:30-5:30
Yoga w/Pat Free 5:30-6:30
Tai Chi 5:30-6:30

Friday Classes
Floor Exercise w/Kay  8:00-9:00
Strength Training w/Pat  8:30-9:30
Yoga w/Pat    9:30-10:30
Yoga w/ Rene 8:00-9:00
Building Better Bones w/Rene  9:00-10:00
Seated Exercise 9:00-10:00
Seated Exercise Other than exercise classes, Friday is used as an independent day. Friends get together to play cards, dominoes, jigsaw puzzles, board games, etc. Get a group together and join us!

Please call to be sure classes have enough to meet each session!

Our NEW MAC Learning Lab offers many opportunities to keep up with current technology. After a complete update in February of 2019, we have six student computers and one instructor station that utilizes a large screen mounted on the wall to aid the students in following the instructor. Classes are low stress and you will have lots of fun and laughter along with learning!

Stop by and visit our MAC Learning Center and schedule a class while you are here. The class dates vary so call or stop by for current schedules. Other classes of interest may be added later.

Movie Day each month
Call for current date and name of movie that will be showing

Special Activities
Seniors Bingo - 1st Thursday 1:00 CALL TO VERIFY A 2nd DAY OF BINGO Variety of workshops; Call for information, schedule varies
Magnolia & Carousel Quilt Guilds
Carousel Doll Club
Retiree Group Meetings:
Telephone Pioneers
United Auto Workers
Daughters of the American Revolution
Retired Educators

CERAMIC STUDIO
Open Tuesday & Thursday 9 am-4:30 pm
*Instructor available only during scheduled class days
Studio may be used any day to work on your projects
Instructor: Scarlet Leeper