

# January 2012

Mon	Tue	Wed	Thu	Fri
2 8:30 Ball and Band 10:30 Chair Exercises 10:30 Card Making Class 1:00 Knitting 6:00 Zumba 7:00 <u>Beer School</u>	3 8:30 Strong Women 9:30 Yoga 10:45 Gentle Yoga 12:30 Bingo 6:30 Strong Women	4 8:30 Ball and Band 8:30 TOPS 10:30 Chair Exercise 11:30 Benefits Specialist 12:30 Grocery Shopping 1:00 Beginning Quilting 6:00 Zumba	5 9:30 Yoga 10:30 Low Vision Support 10:45 Gentle Yoga 6:00 Exercise to the Oldies 6:30 Strong Women	6 8:30 Strong Women 10:30 Chair Exercise
9 8:30 Ball and Band 10:30 Chair Exercises 10:30 Card Making Class 1:00 Knitting 6:00 Zumba 7:00 <u>Beer School</u>	10 8:30 Strong Women 9:00 Senior Program Meeting 9:30 Yoga 10:45 Gentle Yoga 12:30 Bingo 3:00 Woodchuck Meeting 6:30 Strong Women	11 8:30 Ball and Band 8:30 TOPS 10:30 Chair Exercise 12:30 Grocery Shopping 1:00 Beginning Quilting 6:00 Zumba	12 9:30 Yoga 10:45 Gentle Yoga 6:00 Exercise to the Oldies 6:30 Strong Women	13 8:30 Strong Women 10:30 Chair Exercise 6:30 <u>Family Movie Night "Dolphin Tail"</u>
16 8:30 Ball and Band 10:30 Chair Exercises 1:00 Knitting 6:00 Zumba	17 8:30 Strong Women 9:30 Yoga 10:45 Gentle Yoga 12:30 Bingo 6:30 Strong Women	18 8:30 Ball and Band 8:30 TOPS 8:30-11:00 Foot Clinic 10:00 Sign Language Class 10:30 Chair Exercise 12:30 Grocery Shopping 1:00 Beginning Quilting 6:00 Zumba 6:30 <u>BUNCO</u>	19 9:30 Yoga 10:45 Gentle Yoga 1:00 Open Meeting 6:00 Exercise to the Oldies 6:30 Strong Women	20 8:30 Strong Women 10:30 Chair Exercise
23 8:30 Ball and Band 10:30 Chair Exercises 1:00 Knitting 6:00 Zumba 7:00 <u>Beer School</u>	24 9:30 Yoga 10:30 Diabetes Support Group 10:45 Gentle Yoga 6:30 Strong Women	25 8:30 Ball and Band 8:30 TOPS 10:00 Sign Language Class 10:30 Chair Exercise 12:30 Grocery Shopping 1:00 Beginning Quilting 6:00 Zumba	26 9:30 Yoga 10:45 Gentle Yoga 6:00 Exercise to the Oldies 6:30 Strong Women	27 8:30 Strong Women 10:30 Chair Exercise 6:00 <u>Family Bingo Night</u>
30 8:30 Ball and Band 10:30 Chair Exercises 1:00 Knitting 6:00 Zumba	31 9:30 Yoga 10:45 Gentle Yoga 6:30 Strong Women	<u>Irish Dance</u> Saturday 1/7, 1/21 & 1/28 starting at 9:00am <u>Caregiver's Support Group</u> Saturday 1/21 at 9:00am <u>Farmer's Market</u> Saturday 1/28 from 9:00am-2:00pm	<u>Karate Self-Defense Class</u> Saturday 1/28 starting at 2:30pm – 4:30pm Cost \$25.00 per person	*Lunch served Monday through Friday at 11:30am

# February 2012

Mon	Tue	Wed	Thu	Fri
6 8:30 Ball and Band 10:30 Chair Exercises 10:30 Card Making Group 1:00 Knitting 4:45 Yoga/Pilates Class 6:00 Zumba	7 8:30 Strong Women 9:00 Senior Program Meeting 9:30 Yoga 10:30 Gentle Yoga 12:30 Bingo 3:00 Woodchuck Meeting 6:30 Strong Women	1 8:30 Ball and Band 8:30 TOPS 10:00 Sign Language Class 10:30 Chair Exercise 11:30 Benefit Specialist 12:30 Grocery Shopping 1:00 Beginning Quilting 4:45 Yoga/Pilates Class 6:00 Zumba	2 9:30 Yoga 10:30 Gentle Yoga 10:30 Low Vision Support 6:00 Exercise to the Oldies 6:30 Strong Women	3 8:30 Strong Women 10:30 Chair Exercise 6:30 <u>Men's Movie Night "The Untouchables"</u>
13 8:30 Ball and Band 10:30 Chair Exercises 1:00 Knitting 6:00 Zumba 4:45 Yoga/Pilates Class 7:00 <u>Beer School</u>	14 8:30 Strong Women 9:30 Yoga 10:30 Gentle Yoga 12:30 Bingo 6:30 Strong Women	8 8:30 Ball and Band 8:30 TOPS 10:00 Sign Language Class 10:30 Chair Exercise 12:30 Grocery Shopping 1:00 Beginning Quilting 4:45 Yoga/Pilates Class 6:00 Zumba	9 9:30 Yoga 10:30 Gentle Yoga 6:00 Exercise to the Oldies 6:30 Strong Women	10 8:30 Strong Women 10:30 Chair Exercise
20 8:30 Ball and Band 10:30 Chair Exercises 1:00 Knitting 4:45 Yoga/Pilates Class 6:00 Zumba	21 8:30 Strong Women 9:30 Yoga 10:30 Gentle Yoga 12:30 Bingo 6:30 Strong Women	15 8:30 Ball and Band 8:30 TOPS 10:00 Sign Language Class 10:30 Chair Exercise 12:30 Grocery Shopping 1:00 Beginning Quilting 4:45 Yoga/Pilates Class 6:00 Zumba	16 9:30 Yoga 10:30 Gentle Yoga 1:00 Open Meeting 6:00 Exercise to the Oldies 6:30 Strong Women	17 8:30 Strong Women 10:30 Chair Exercise
27 8:30 Ball and Band 10:30 Chair Exercises 1:00 Knitting 4:45 Yoga/Pilates Class 6:00 Zumba 6:00 Euchre with Dinner	28 8:30 Strong Women 9:30 Yoga 10:30 Gentle Yoga 12:30 Bingo 6:30 Strong Women	22 8:30 Ball and Band 8:30 TOPS 10:00 Sign Language Class 10:30 Chair Exercise 12:30 Grocery Shopping 1:00 Beginning Quilting 4:45 Yoga/Pilates Class 6:00 Zumba	23 9:30 Yoga 10:30 Gentle Yoga 6:00 Exercise to the Oldies 6:30 Strong Women	24 8:30 Strong Women 10:30 Chair Exercise 6:00 <u>Family Bingo Night</u>
		29 8:30 Ball and Band 8:30 TOPS 10:00 Sign Language Class 10:30 Chair Exercise 12:30 Grocery Shopping 1:00 Beginning Quilting 4:45 Yoga/Pilates Class 6:00 Zumba	<u>Irish Dance</u> Saturday 2/4, 2/11, 2/21 & 2/25 starting at 9:00am <u>Chocolate Extravaganza</u> Saturday 2/11 at 7:00pm <u>Farmer's Market and Hobby Workshop</u> Saturday 2/25 at 9:00am	*Lunch served Monday through Friday at 11:30am