

Monday

Tuesday

Wednesday

Thursday

Friday

1



CENTER CLOSED


2

**COST SAVINGS DAY
NO MEALS
OR
TRANSPORTATION**

3

8:30-10:30 COMPUTER LESSONS
(Must pre-register)
9AM RUMMIKUB, PUZZLES & TRIPOLEY
10-10:30 LINE DANCING LESSONS
10:45 AM LINE DANCING
NOON **WELCOME IN THE NEW YEARS PARTY**
5-7 PM TAI CHI **(Must pre-register)**

4

9AM GROCERY SHOPPING
9AM RUMMIKUB, PUZZLES & TRIPOLEY
10:30 BEGINNER BRIDGE LESSONS
11AM WEIGHT TRAINING
NOON - 2:30PM BRIDGE
12:30-3:30PM ARTIST OPEN STUDIO

5:15PM STRETCH, WEIGHTS, & WALK

5

9AM RUMMIKUB, PUZZLES & TRIPOLEY
9:45AM HEALTHY STEPS EXERCISE
10AM OPEN CRAFTS
10:45AM LINE DANCING
12:15PM 50/50 DRAWING
12:15PM BELL CHOIR PRACTICE
1PM HAND AND FOOT CANASTA

SAT, JAN 6, 9-11 AM TAI CHI
(Must pre-register)

8

9:00 AM RUMMIKUB, PUZZLES & TRIPOLEY
9:30 AM PENNY POKER
9:45 AM HEALTHY STEPS EXERCISE
10:30-NOON INT. BRIDGE LESSONS
10:45AM LINE DANCING
NOON - 2:30PM BRIDGE
NOON MUSIC WITH AMY
12:15 PM HOME NURSING PRESENTATION
12:15PM MUSICALQIGONG
1:00PM MAH JONGG


5:15PM STRETCH, WEIGHTS, & WALK

9


9:00 AM RUMMIKUB, PUZZLES & TRIPOLEY
9:00 AM HIKING
11AM WEIGHT TRAINING
12:15 PM NICKEL BINGO
1 PM CANASTA




10

9AM **GAME DAY** (NO RUMMIKUB ALLOWED). LEARN A NEW GAME OR RENEW AN OLD ONE

10-10:30 LINE DANCING LESSONS
10:45 AM LINE DANCING
12:15PM SENIOR SIZE EXERCISE WITH HEARTHSIDE AT ARISTACARE
5-7 PM TAI CHI **(Must pre-register)**

11

9AM GROCERY SHOPPING

9AM RUMMIKUB, PUZZLES & TRIPOLEY
10 AM **TRIAD MEETING**
10:30 BEGINNER BRIDGE LESSONS
11AM WEIGHT TRAINING
NOON - 2:30PM BRIDGE
12:30-3:30PM ARTIST OPEN STUDIO
5:15PM STRETCH, WEIGHTS, & WALK

12

9AM RUMMIKUB, PUZZLES & TRIPOLEY
9:45AM HEALTHY STEPS EXERCISE
10AM OPEN CRAFTS
10AM **PJ PARTY WITH OTHER SENIOR CENTERS**

10:45AM LINE DANCING
12:15PM 50/50 DRAWING
1PM HAND AND FOOT CANASTA
SAT, JAN 13, 9-11 AM TAI CHI
(Must pre-register)

15

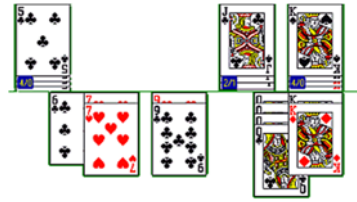


CENTER CLOSED

5:15PM STRETCH, WEIGHTS, & WALK

16

9AM RUMMIKUB, PUZZLES & TRIPOLY
9AM HIKING
11AM WEIGHT TRAINING
1PM CANASTA



17

8:30-10:30 COMPUTER LESSONS
(Must pre-register)
9AM RUMMIKUB, PUZZLES & TRIPOLEY
10AM LINE DANCING LESSONS
10:30AM OMNI BLOOD PRESSURE
10:45AM LINE DANCING
11:00 AM COOKING WITH LACRETA
12:15PM BOOK DISCUSSION GROUP
1:00 PM GENEALOGY CLUB
5-7 PM TAI CHI (Must pre-register)

18

9AM GROCERY SHOPPING, RUMMIKUB, PUZZLES & TRIPOLEY
10:30 BEGINNER BRIDGE LESSONS
11AM WEIGHT TRAINING
11:30AM WALK THE MALL AND LUNCH AT GARFIELDS
NOON - 2:30PM BRIDGE
12:30-3:30PM ARTIST OPEN STUDIO
5:15PM STRETCH, WEIGHTS, & WALK



19

9AM RUMMIKUB, PUZZLES & TRIPOLEY
9:45AM HEALTHY STEPS EXERCISE
10AM OPEN CRAFTS
10:45AM LINE DANCING
12:15PM 50/50 DRAWING
12:15PM V.A. AFFAIRS PRESENTATION
1PM HAND AND FOOT CANASTA
SAT, JAN 20, 9-11 AM TAI CHI (Must pre-register)

22

9AM RUMMIKUB, PUZZLES & TRIPOLEY
9:30AM PENNY POKER
9:45AM HEALTHY STEPS EXERCISE
10:30- NOON PANCAKE & SAUSAGE BRUNCH - \$7.00
10:30-2:30. BRIDGE
10:45AM LINE DANCING
12:15PM MUSICALQIGONG
1:00PM MAH JONGG
5:15PM STRETCH, WEIGHTS, & WALK



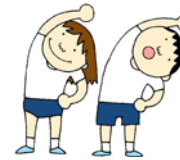
23

9AM RUMMIKUB, PUZZLES & TRIPOLEY
9AM HIKING
11 AM WEIGHT TRAINING
NOON DIME BINGO
1:00 CANASTA



24

9AM RUMMIKUB, PUZZLES & TRIPOLEY
10AM LINE DANCING LESSONS
10:45AM LINE DANCING
12:15PM SENIOR SIZE EXERCISE WITH HEARTHSIDE AT ARISTACARE
5-7 PM TAI CHI (Must pre-register)



25

9AM GROCERY SHOPPING
9AM RUMMIKUB, PUZZLES & TRIPOLEY
10:30 BEGINNER BRIDGE LESSONS
11AM WEIGHT TRAINING
NOON - 2:30PM BRIDGE
12:30-3:30PM ARTIST OPEN STUDIO
5:15 PM STRETCH, WEIGHTS & WALK

26

9AM RUMMIKUB, PUZZLES & TRIPOLEY
9:45AM HEALTHY STEPS EXERCISE
10AM OPEN CRAFTS
10:45AM LINE DANCING
12:15PM 50/50 DRAWING
12:15PM PROGRAM PLANNING/STEERING COMMITTEE MEETING
1PM HAND AND FOOT CANASTA
SAT, JAN 27, 9-11 AM TAI CHI (Must pre-register)

29

9AM RUMMIKUB, PUZZLES & TRIPOLEY
9:30AM PENNY POKER
9:45AM HEALTHY STEPS EXERCISE
10:30-NOON INT. BRIDGE LESSONS
10:45AM LINE DANCING
NOON - 2:30PM BRIDGE
12:15PM MUSICALQIGONG
1:00PM MAH JONGG
5:15PM STRETCH, WEIGHTS, & WALK

30

9AM RUMMIKUB, PUZZLES & TRIPOLEY
9AM HIKING
11AM WEIGHT TRAINING
12:15PM BELL CHOIR PRACTICE
1PM CANASTA



31

9AM RUMMIKUB, PUZZLES & TRIPOLEY
10AM LINE DANCING LESSONS
10AM PROJECT SHARE
10:45AM LINE DANCING
12:15 PM WORD GAME WITH LU
5-7 PM TAI CHI (Must pre-register)

SECOND WINDS BAND



WILL PRACTICE CERTAIN TUESDAY AFTERNOONS

