

JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		HAPPY NEW YEAR! Senior Center Closed	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 1:00-3:00 Knit/Crochet	9:15 – 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play 12:30-3:00 Bingo 12:30 Mexican Train <i>(New)</i>
1	2	3	4	5
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:15-11:00 Functional Training 10:30 Surviving a Nazi Death Camp 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot	9:20 Attorney 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers	9:15 Memory Loss Support Group 9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:00 - Creative Crafts 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:15-1:00 Senior Stability	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 1:00-3:00 Knit/Crochet 1:00 Starry Night 1:00 Zentangle	9:00-10:15 Blood Pressure Checks 9:15– 10:00 SMILE 9:15 Benefits Check Up 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30-3:00 Bingo 12:30 Open Play 12:30 Mexican Train 1:00 Sewing 101 <i>(New)</i>
6	7	8	9	10
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot 12:30 Movie Matinee “Escape from Germany” 1:00-3:00 Quilters 1:00 Digital Photography <i>(New)</i>	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00 Hearing Aid Service 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:00 Post Fitting Follow Up 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 12:40 Mobile Post Office 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:00 - Creative Crafts 10:15-11:00 Functional Training 10:30-11:30 Beginners Yoga 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:15-1:00 Senior Stability 1:00 Tech with Teens 1:00 What is Dementia	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 1:00-3:00 Knit/Crochet 1:30 Bone Health	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play 12:30-3:00 Bingo 12:30 Mexican Train
13	14	15	16	17
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:00 Pokeno 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters 1:00 Digital Photography	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00 Craft Time– Pocket Hugs	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00-11:30 Bunco 10:00 Key Ways to Stay Healthy 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet 1:00 Zentangle 1:30 Drug Pricing and Affordability	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play 12:30-3:00 Bingo 12:30 Mexican Train
20	21	22	23	24
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot 12:30 Movie Matinee “It Ends with Us” 1:00-3:00 Quilters 1:00 Digital Photography	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Low Vision Connection 1:00 Rummikub/Dominos	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 - Creative Crafts 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Tap Dance <i>(New)</i> 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play 12:30-3:00 Bingo 12:30 Mexican Train
27	28	29	30	31