JANUARY 2011

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:00 Intro to Dance Aerobics-East/West Room	**4** 7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Beginning Computer-Room 11 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	**5** 8:00 Preventive Health 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 11:00 **Talk: "Grieving"**-Dining Room 11:45 Lunch 12:30 Mexican Train Dominos-Room 10 12:45 Bingo	**6** 7:30 Chess-Room 5 8:30 ESL-Room B 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	**7** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:00 Legal Aid-by appointment** 9:15 Movie:**"Picnic"** 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 11:30 Lunch **Open 8:00 AM-1:00 PM**
10 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 **10:00 Hi-Cap-by appointment** 10:00 Commission on Aging 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:00 Intro to Dance Aerobics-East/West Room	**11** 7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Beginning Computer-Room 11 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	**12** **8:00 Commodities-Room 5** 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 **10:00 Telephone Access Program-DR** 11:45 Lunch 12:30 Bunco-Room 10-11 12:45 Bingo	**13** 7:30 Chess-Room 5 8:30 ESL-Room B 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	**14** 8:30 Tai Chi-E/W Room 9:00 Yarn Spinners-Room 1 **9:00 S.C.A.T.-Room A/B** **9:15 Movie: "Play the Game"** 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 11:45 Lunch
17 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo **MARTIN LUTHER KING DAY** (No Intro to Dance Aerobics)	**18** 7:30 Chess Club-Room 1 8:30 ESL-Room B 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room **10:00 Attorney-by appointment** **10:00 "Let's Make a Deal"- Dining Room** 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	**19** 9:00 Preventive Health 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 11:45 Lunch **12:30 Diabetes Support Group-Room 3-4** 12:30 Mexican Train Dominos-Room 10 12:45 Bingo	**20** 7:30 Chess-Room 5 8:30 ESL-Room B 9:00 Blood Pressure-Room 10 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East /West Room	**21** 8:30 Tai Chi-East/West Room 9:00 S.C.A.T. Meeting-Room 3-4 9:00 Yarn Spinners-Room 1 **9:15 Movie:"The Karate Kid"** 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 11:30 Lunch **Open 8:00 AM-1:00 PM**
24 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 **10:00 Healthy Living Support Group-Room 10** 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 **12:30-Life Story Writing #1-Room 1** 12:45 Bingo 1:00 Into to Dance Aerobics-East/West Room	**25** 7:30 Chess Club-Room 1 8:30 ESL-Room B 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	**26** 9:00 Preventive Health 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 11:45 Lunch 12:30 Bunco-Room 10-11 12:00-1:45 Bingo	**27** 7:30 Chess-Room 5 8:30 ESL-Room B 9:00 Blood Pressure-Room 10 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:00 Birthday Lunch with Entertainment 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East /West Room	**28** 8:30 Tai Chi-E/W Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "Cars"** 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 11:45 Lunch
31 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 10:00 Adult Fitness-Room A/B 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 **12:30-Life Story Writing #2-Room 1** 12:45 Bingo 1:00 Intro to Dance Aerobics-East/West Room				

FEBRUARY 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1 7:30 Chess Club-Room 1 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3/4 9:30 Stretch and Flex-East/West Room 10:00 Adult Fitness-Room 3/4 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room	**2** 8:00 Preventive Health 8:30-11:30 Tax Preparation-Room 10-11 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-East/West Room 11:00 **Talk: "Blood Pressure"**-Dining Room 1l:45 Lunch 12:30 Mexican Train Dominos-Room 10 12:45 Bingo	**3** 7:30 Chess-Room 5 8:30 ESL-Room B 8:45 Balance & Mobility -Room 3-4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room A/B 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	**4** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room **9:00 Legal Aid-by appointment** **9:15 Movie: "The Unsinkable Molly Brown"** 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 **11:30 Podiatrist-by appointment** 11:30 Lunch **Open 8:00 AM-1:00 PM**
7 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 10:00 Adult Fitness-Room A/B 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:30 Life Story Writing #3-Room 1 12:45 Bingo 1:00 Intro to Dance Aerobics-East/West Room	**8** 7:30 Chess Club-Room 1 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3/4 9:30 Stretch and Flex-East/West Room 9:30 Vision Classes-Room 10 10:00 Adult Fitness-Room 3/4 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room	**9** **8:00 Commodities-Room 5** 8:30-11:30 Tax Preparation-Room 10-11 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-East/West Room 11:45 Lunch 12:30 Bunco-Room 10-11 12:45 Bingo	**10** 7:30 Chess-Room 5 **8:30 Safety Driving-Room 3-4** 8:30 ESL-Room B 8:45 Balance & Mobility -Room 3-4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room A/B 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	**11** 8:30 Tai Chi-E/W Room **8:30 Safety Driving-Room 3-4** 9:00 Yarn Spinners-Room 1 **9:15 Movie: "Valentine's Day"** 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 11:45 Lunch
14 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 **10:00 Hi-Cap-by appointment** **10:00 Commission on Aging** 10:00 Adult Fitness-Room A/B 10:00 Mah Jongg-Room 10 11:45 Valenties Day Lunch-East/West room 12:15 Bridge-Room 10 12:30 Life Story Writing #4-Room 1 12:45 Bingo 1:00 Intro to Dance Aerobics-East/West Room	**15** 7:30 Chess Club-Room 1 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3/4 9:30 Stretch and Flex-East Room **10:00 Attorney-by appointment** 10:00 Adult Fitness-Room 3/4 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room	**16** 8:00 Preventive Health 8:30-11:30 Tax Preparation-Room 10-11 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-East/West Room 11:45 Lunch **12:30 Diabetes Support Group-Room 3-4** 12:30 Mexican Train Dominos-Room 10 12:45 Bingo	**17** 7:30 Chess-Room 5 8:30 ESL-Room B 8:45 Balance & Mobility -Room 3/4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East /West Room	**18** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:15 Movie:"Like Dandelion Dust"** 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 11:30 Lunch **Open 8:00 AM-1:00 PM**
21 **CLOSED** **PRESIDENT'S DAY**	**22** 7:30 Chess Club-Room 1 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3/4 9:30 Stretch and Flex-East Room 10:00 Adult Fitness-Room 3/4 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room	**23** 8:30-11:30 Tax Preparation-Room 10-11 9:00 Yarn Spinners-Room 1 11:45 Lunch 12:30 Bunco-Room 10-11 12:45 Bingo	**24** 7:30 Chess-Room 5 8:30 ESL-Room B 8:45 Balance & Mobility -Room 3/4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Birthday Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East /West Room	**25** 8:30 Tai Chi-E/W Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "Invictus"** 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 11:45 Lunch
28 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 10:00 Healthy Living Support Group-Room 10 11:45 Lunch 12:15 Bridge-Room 10 12:30 Life Story Writing #5-Room 1 12:45 Bingo 1:00 Intro to Dance Aerobics-East/West Room				