

Calendar of Activities - JANUARY 2022

Monday - January 3	Tuesday - January 4	Wednesday - January 5	Thursday - January 6	Friday - January 7
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 11a-1p Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 9a-10a Book Club 12:30-3:30p Mah-Jong 1-5p Line Dance / 7-9p Couples Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Drop In Art 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30 Trad'I Ex with Don (Rec Ctr) 2:30-3:30 Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strengthen Exercise 9-11:30a Crafters 10:15-11:15a Traditional Exercise 1:00-4:00p Drop In Art 1:00-2:00 Team Sideline Training 4-5p Tai Chi with Bill	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10am Drop In Art 10-11:15 Top Dollar Music 10-11a Zumba! with Mary (Rec Center) 12:30-3:30p Mexican Train 1-5p Line Dance 3-4p Yoga with John 9:00-10:00a Yoga with Don 10:15-11:15a Trad'I Ex with Don	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Drop in Art 9-10a Strengthen Exercise 10-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10-12p Crochet / Knitting Group 12:00-3:30p Bridge 12:30-3:30p Hand & Foot 1-5p Line Dance / 5-7p Ballroom Dance 7:30-10p Western Dance
Monday - January 10	Tuesday - January 11	Wednesday - January 12	Thursday - January 13	Friday - January 14
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 11a-1p Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 9a-10a Book Club 12:30-3:30p Mah-Jong 1-5p Line Dance / 7-9p Couples Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Decorative Card Crafting 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30 Trad'I Ex with Don (Rec Ctr) 2:30-3:30 Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strengthen Exercise 9-11:30a Crafters 10:15-11:15a Traditional Exercise 1:00-4:00p Drop In Art 1:00-2:00 Team Sideline Training 4-5p Tai Chi with Bill	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10am Acrylic Painting 10-11:15 Top Dollar Music 10-11a Zumba! with Mary (Rec Center) 12:30-3:30p Mexican Train 1-5p Line Dance 3-4p Yoga with John 9:00-10:00a Yoga with Don 10:15-11:15a Trad'I Ex with Don	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Floral Craft Project 9-10a Strengthen Exercise 10-11:15a DeLeon Music/Taco Dance 10:15-11:15a Traditional Exercise 10-12p Crochet / Knitting Group 12:00-3:30p Bridge 12:30-3:30p Hand & Foot 1-5p Line Dance / 5-7p Ballroom Dance 7:30-10p Western Dance
Monday - January 17	Tuesday - January 18	Wednesday - January 19	Thursday - January 20	Friday - January 21
SENIOR CENTER CLOSED MARTIN LUTHER KING HOLIDAY	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Decorative Card Crafting 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30 Trad'I Ex with Don (Rec Ctr) 2:30-3:30 Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strengthen Exercise 9-11:30a Crafters 10:15-11:15a Traditional Exercise 1:00-4:00p Drop In Art 4-5p Tai Chi with Bill	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10am Acrylic Painting 9:00-12n Jolly Times 10-11a Zumba! with Mary (Rec Center) 12:30-3:30p Mexican Train 10:15-11:15a Trad'I Ex with Don 9:00-10:00a Yoga with Don 1-5p Line Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strengthen Exercise 10-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10-12p Crochet / Knitting Group 12:00-3:30p Bridge 12:30-3:30p Hand & Foot 1-5p Line Dance / 5-7p Ballroom Dance 7:30-10p Western Dance
Monday - January 24	Tuesday - January 25	Wednesday - January 26	Thursday - January 27	Friday - January 28
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 11a-1p Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 9a-10a Book Club	6-7a Fast Fitness w/Beth (Rec Center) 8:00a Newsletter Folding 8:00-10:00am Decorative Card Crafting 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 1:30-2:30 Trad'I Ex with Don (Rec Ctr) 2:30-3:30 Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strengthen Exercise 9-11:30a Crafters 10:15-11:15a Traditional Exercise 1:00-4:00p Drop In Art 4-5p Tai Chi with Bill	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10am Acrylic Painting 10-11:15 Top Dollar Music 10-11a Zumba! with Mary (Rec Center) 9:00-10:00a Yoga with Don 10:15-11:15a Trad'I Ex with Don 12:30-3:30p Mexican Train 1-5p Line Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strengthen Exercise 10-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10-12p Crochet / Knitting Group 12:00-3:30p Bridge 12:30-3:30p Hand & Foot 1-5p Line Dance / 5-7p Ballroom Dance 7:30-10p Western Dance
Monday - January 31				
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 11a-1p Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 9a-10a Book Club				

