

Calendar of Activities - January 2023

Monday - January 2	Tuesday - January 3	Wednesday - January 4	Thursday - January 5	Friday - January 6
 <p>HAPPY NEW YEAR 2023</p> <p>CENTER IS CLOSED</p>	6-7:00a Fast Fitness w/Beth (Rec Center) 8:30-11:30a Pinochle 9:00-11:00a Gourd Decorating 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:00-4:00p Shelfie Class w/Maxine 2:30-3:30p Yoga with Don (Rec Ctr) 3:00-5:00p Inter. Western Line Dance	6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strenghten Exercise 9:00-11:30a Drop-in Crafters 9:00a-1:00p Music Lessons by appointment 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics (Rec Center) 10:15-11:15a Traditional Exercise 4:00-5:00p Tai Chi with Bill	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Yoga with Don 9:00-11:00a Acrylic Painting 10:00-11:15 Top Dollar Music 10:15-11:15a Trad'l Exer. with Don 12:30-3:30p Mexican Train 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Inter. Western Line Dance 6:00-8:00p Beg. Couples Western Dance	6-7a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Strenghten Exercise 9:00-11:00a Crafty Crafts w/Nella 10:00-11:00a Aerobics (Rec Center) 10:00-11:15a DeLeon Music 10:00-12:00n Drop-in Art - all Types 10:00-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-5:00p Music Lessons by appt. 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - January 9	Tuesday - January 10	Wednesday - January 11	Thursday - January 12	Friday - January 13
6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00-10:00a Book Club 10:00-11:00a Dance Aerobics (Rec Ctr) 10:00a-12:00n Crochet / Knitting Group 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 1:00-3:30p Mah-Jongg 1:00-3:00p Beg. Western Line Dance 1:15-2:30p 2500 Card Game 5:00-7:00p One Stroke Painting 7:00-9:00p Inter. Couples Western Dance	6-7:00a Fast Fitness w/Beth (Rec Center) 8:30-11:30a Pinochle 9:00-11:00a Decorative Card Crafting 9:00-11:00a Gourd Decorating 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:00-11:00a Zumba (Rec Center) 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:00-4:00p Shelfie Class w/Maxine 2:30-3:30p Yoga with Don (Rec Ctr) 3:00-5:00p Inter. Western Line Dance	6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strenghten Exercise 9:00-11:30a Drop-in Crafters 9:00a-1:00p Music Lessons by appointment 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics (Rec Center) 10:15-11:15a Traditional Exercise 4:00-5:00p Tai Chi with Bill	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Yoga with Don 9:00-11:00a Acrylic Painting 10:00-11:10a Zumba (Rec Center) 10:00-11:15a Top Dollar Music 10:15-11:15a Trad'l Exer. with Don 12:30-3:30p Mexican Train 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Inter. Western Line Dance 6:00-8:00p Beg. Couples Western Dance	6-7a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Strenghten Exercise 9:00-11:00a Crafty Crafts w/Nella 10:00-11:00a Aerobics (Rec Center) 10:00-11:15a DeLeon Music 10:00-12:00n Drop-in Art - all Types 10:00-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-5:00p Music Lessons by appt. 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - January 16	Tuesday - January 17	Wednesday - January 18	Thursday - January 19	Friday - January 20
 <p>Martin Luther King Day</p> <p>CENTER IS CLOSED</p>	6-7a Fast Fitness w/Beth (Rec Center) 8:30-11:30a Pinochle 9:00-11:00a Decorative Card Crafting 9:00-11:00a Gourd Decorating 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:00-11:00a Zumba (Rec Center) 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:00-4:00p Shelfie Class w/Maxine 2:30-3:30p Yoga with Don (Rec Ctr) 3:00-5:00p Inter. Western Line Dance	6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strenghten Exercise 9:00-11:30a Drop-in Crafters 9:00a-1:00p Music Lessons by appointment 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics (Rec Center) 10:15-11:15a Traditional Exercise 4:00-5:00p Tai Chi with Bill	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Yoga with Don 9:00-11:00a Acrylic Painting 9:00-12:00n JOLLY TIMES 10:00-11:00a Zumba (Rec Center) 10:15-11:15a Trad'l Exer. with Don 12:30-3:30p Mexican Train 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Inter. Western Line Dance 6:00-8:00p Beg. Couples Western Dance	6-7a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Strenghten Exercise 9:00-11:00a Crafty Crafts w/Nella 10:00-11:00a Aerobics (Rec Center) 10:00-11:15a DeLeon Music 10:00-12:00n Drop-in Art - all Types 10:00-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-5:00p Music Lessons by appt. 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - January 23	Tuesday - January 24	Wednesday - January 25	Thursday - January 26	Friday - January 27
6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00-10:00a Book Club 10:00-11:00a Dance Aerobics (Rec Ctr) 10:00a-12:00n Crochet / Knitting Group 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 1:00-3:30p Mah-Jongg 1:00-3:00p Beg. Western Line Dance 1:15-2:30p 2500 Card Game 5:00-7:00p One Stroke Painting 7:00-9:00p Inter. Couples Western Dance	6-7a Fast Fitness w/Beth (Rec Center) 8:30-11:30a Pinochle 9:00-11:00a Decorative Card Crafting 9:00-11:00a Gourd Decorating 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:00-11:00a Zumba (Rec Center) 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:00-4:00p Shelfie Class w/Maxine 2:30-3:30p Yoga with Don (Rec Ctr) 3:00-5:00p Inter. Western Line Dance	6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strenghten Exercise 9:00-11:30a Drop-in Crafters 9:00a-1:00p Music Lessons by appointment 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics (Rec Center) 10:15-11:15a Traditional Exercise 4:00-5:00p Tai Chi with Bill	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Yoga with Don 9:00-11:00a Acrylic Painting 10:00-11:10a Zumba (Rec Center) 10:00-11:15a Top Dollar Music 10:15-11:15a Trad'l Exer. with Don 12:30-3:30p Mexican Train 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Inter. Western Line Dance 6:00-8:00p Beg. Couples Western Dance	6-7a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Strenghten Exercise 9:00-11:00a Crafty Crafts w/Nella 10:00-11:00a Aerobics (Rec Center) 10:00-11:15a DeLeon Music 10:00-12:00n Drop-in Art - all Types 10:00-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:00-5:00p Music Lessons by appt. 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - January 30	Tuesday - January 31			
6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00-10:00a Book Club 10:00-11:00a Dance Aerobics (Rec Ctr) 10:00a-12:00n Crochet / Knitting Group 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 1:00-3:30p Mah-Jongg 1:00-3:00p Beg. Western Line Dance 1:15-2:30p 2500 Card Game 7:00-9:00p Inter. Couples Western Dance	6-7a Fast Fitness w/Beth (Rec Center) 8:30-11:30a Pinochle 9:00-11:00a Decorative Card Crafting 9:00-11:00a Gourd Decorating 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:00-11:00a Zumba (Rec Center) 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:00-4:00p Shelfie Class w/Maxine 2:30-3:30p Yoga with Don (Rec Ctr) 3:00-5:00p Inter. Western Line Dance			