

Calendar of Activities - January 2025				
	Wednesday - January 1	Thursday - January 2	Friday - January 3	
		 <p>NEW YEARS DAY SENIOR CENTER CLOSED</p>	<p>7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-12:00n Advanced Watercolor 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata</p>	<p>8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:30-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance</p>
Monday - January 6	Tuesday - January 7	Wednesday - January 8	Thursday - January 9	Friday - January 10
<p>8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10-00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 12:30-5:00p Sit & Sew 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 1:30-3:00p Beg. Western Line Dance 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 7:00-9:00p Intermediate Couples Dance</p>	<p>6:00-6:30a Fast Fitness 8:30-11:30a Pinochle 9:00-10:00a Zumba Gold (Rec. Center) 9:00-10:00a Book Club 9:00-11:00a Native American History 9:00a-12:00n Drop-in Ping Pong 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongg 10:15-11:15a Let's Have a Ball (Rec. Center) 11:15a-1:15p Make & Take 1 12:30-4:00p Intern./Advanced Hand&Foot 1:00-2:00p What Is My Purpose? 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Decoupage 2:30-3:30p Yoga 5:00-7:00p Posh Decorating</p>	<p>6:00-6:30a Fast Fitness 8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 9:30a-12:30p AM Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:30p Balance with Don 12:00-4:00p Bridge 12:30-3:30p Chess 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 1:15-2:15p Vinyasa Yoga 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night 5:30-6:30p Aromatherapy</p>	<p>6:00-6:30a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-12:00n Advanced Watercolor 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata</p>	<p>8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Gelli Plate 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:30-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance</p>
Monday - January 13	Tuesday - January 14	Wednesday - January 15	Thursday - January 16	Friday - January 17
<p>8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10-00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 12:30-5:00p Sewing Class 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 1:30-3:00p Beg. Western Line Dance 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 7:00-9:00p Intermediate Couples Dance</p>	<p>6:00-6:30a Fast Fitness 8:30-11:30a Pinochle 9:00-10:00a Zumba Gold (Rec. Center) 9:00-10:00a Book Club 9:00-11:00a Native American History 9:00a-12:00n Drop-in Ping Pong 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongg 10:15-11:15a Let's Have a Ball (Rec. Center) 11:15a-1:15p Make & Take 1 12:30-4:00p Intern./Advanced Hand&Foot 1:00-2:00p What Is My Purpose? 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Decoupage 2:30-3:30p Yoga 5:00-7:00p Posh Decorating</p>	<p>6:00-6:30a Fast Fitness 8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Drop-in Ping Pong (on patio) 9:30a-12:30p AM Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:30p Balance with Don 12:00-4:00p Bridge 12:30-3:30p Chess 1:00-3:00p Frugal Living 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 1:15-2:15p Vinyasa Yoga 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night 5:30-6:30p Aromatherapy</p>	<p>6:00-6:30a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a JOLLY TIMES 10:00-11:00a Dance Aerobics 10:00a-12:00n Advanced Watercolor 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata</p>	<p>8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Gelli Plate 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:30-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance</p>
Monday - January 20	Tuesday - January 21	Wednesday - January 22	Thursday - January 23	Friday - January 24
	<p>6:00-6:30a Fast Fitness 8:00-10:00a Newsletter Folding 8:30-11:30a Pinochle 9:00-10:00a Zumba Gold (Rec. Center) 9:00-10:00a Book Club 9:00-11:00a Native American History 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongg 10:15-11:15a Let's Have a Ball (Rec. Center) 11:15a-1:15p Make & Take 1 12:30-4:00p Intern./Advanced Hand&Foot 1:00-2:00p What Is My Purpose? 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Decoupage 2:30-3:30p Yoga 5:00-7:00p Posh Decorating</p>	<p>6:00-6:30a Fast Fitness 8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Drop-in Ping Pong (on patio) 9:30a-12:30p AM Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:30p Balance with Don 12:00-4:00p Bridge 12:30-3:30p Chess 1:00-3:00p Frugal Living 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 1:15-2:15p Vinyasa Yoga 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night 5:30-6:30p Aromatherapy</p>	<p>6:00-6:30a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-12:00n Advanced Watercolor 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata</p>	<p>8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Gelli Plate 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:30-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance</p>
Monday - January 27	Tuesday - January 28	Wednesday - January 29	Thursday - January 30	Friday - January 31
<p>8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Book Club 9:10-00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 11:00a-1:00p Bunco 12:30-5:00p Sewing Class 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 1:30-3:00p Beg. Western Line Dance 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 7:00-9:00p Intermediate Couples Dance</p>	<p>6:00-6:30a Fast Fitness 8:30-11:30a Pinochle 9:00-10:00a Zumba Gold (Rec. Center) 9:00-10:00a Book Club 9:00-11:00a Native American History 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongg 10:15-11:15a Let's Have a Ball (Rec. Center) 11:15a-1:15p Make & Take 1 12:30-4:00p Intern./Advanced Hand&Foot 1:00-2:00p What Is My Purpose? 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Decoupage 2:30-3:30p Yoga 5:00-7:00p Posh Decorating 6:00-7:00p Senior Tabata</p>	<p>6:00-6:30a Fast Fitness 8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Drop-in Ping Pong (on patio) 9:30a-12:30p AM Ceramics 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 12:30-3:30p Chess 1:00-3:00p Frugal Living 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night 5:30-6:30p Aromatherapy</p>	<p>6:00-6:30a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00-11:00a Grief Support 10:00-11:00a Dementia Support Group 10:00a-12:00n Advanced Watercolor 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata</p>	<p>8:00-8:45a Zumba Gold for Beginners 9:00-10:00a Zumba Gold for Non-Beginners 9:00-11:00a Gelli Plate 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:30-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance</p>