

Monday

8:30-5 Fitness Ctr.*
8:30-5 Play Pool
8:30-5 Tech Lab Open
9:00 Café/Coffee
9:30 Stretch/Strength*
10:30 Enhance Fitness *
at Pensdale
11:00 Music Lessons
11:30 Yoga *
12:00 Lunch

Tuesday

8:30-5 Fitness Ctr.*
8:30-5 Open Tech Lab
9 :00 Café/Breakfast
9 :00 Walking Group
10:00 Beading
10:30 Men's Group
11:00 Sent. Chorus
12:00 Lunch
1:00 Tai Chi
1-2:30 Computer Lab

Wednesday

8:30-5 Fitness Ctr.*
8:30-5 Play Pool
9 :00 Café/Breakfast
9 :00 Knit & Crochet
9:15 Silver Sneakers *
Classic
10:00 Line Dancing*
12:00 Lunch
12:45 Bingo






THURSDAY

8:30-5 Fitness Ctr.*
8:30-5 Tech Lab Open
9 :00 Café/Breakfast
9 :00 Walking Group *
10:00 Weaving
10:00 Yoga Rhythmic*
12:00 Lunch
12:45 Bingo
1:00 Tai Chi *
1-2:30 Computer Lab or
Tutoring - By appt.

FRIDAY

8:30-5 Fitness Ctr. *
8:30-5 Open Tech Lab
9 :00 Café/Breakfast
9:15 S-Sneakers Classic *
10:45 News & Views
11:00 Enhance Fitness *
12:00 Lunch
12:30 Painting & More
1:00 Pinochle / Bridge
1:00 Writers Group
(1 & 3rd Fri. of Month)
2:00 Digital Photo
(1 & 3rd Fri. of Month)

* Remember your New Year's Resolution to be HEALTHIER!

 2015 * Remember your New Year's Resolution to be HEALTHIER!		1- CENTER CLOSED	2- CENTER CLOSED
5 12:30 Reading Buddies (Cancelled)	6 10:00 Beading (Cancelled) 12:00 New Years Meal	7 9:00 Knit & Crochet (Cancelled)	8 10:00 Weaving (Cancelled)
12  FUNDRAISER DINE OUT & SUPPORT JOURNEY'S WAY ALL WEEK 1/12 -1/18	13 1:00 *Help Yourself to Health (CDSM Program)	14 12:00 SURF/TURF SPECIAL LUNCH	15  LUNCH DELIVERY TODAY ONLY!
SUPPORT JOURNEY'S WAY ALL WEEK. DINE OUT AT  THROUGH 1/18/15			
19 - CENTER Help African American Museum Trip 	20 1:00 *Help Yourself to Health (CDSM Program)	21 11:00 * VNA HOSPICE Presentation	22 2:00 Special Event Women Celebrating Women Social
26	27 1:00 *Help Yourself to Health (CDSM Program) 12:00 LUNCH CLUB RUBY TUESDAYS	28	29 1:00 BOOK CLUB "Mrs. Lincoln's Dressmaker" By: Jennifer Chiaverini
			30 1:00 MOVIE MATINEE "FRANKIE & ALICE"