

Ongoing Programs and Special Events

Monday

8:30-5 Fitness Ctr.  
8:30-5 Play Pool, Ping-Pong  
8:30-5 Tech Lab Open  
9:00 Café/ Breakfast  
9:30 Stretch/Strength  
10:30 Enhance Fitness  
at JW (new location)  
10:45 Meditation  
11:00 Music Lessons  
11:30 Yoga  
12:00 Lunch  
1:00 Classic Tones

Tuesday

8:30-5 Fitness Ctr.  
8:30-5 Pool, Ping Pong  
8:30-5 Open Tech Lab  
9 :00 Café/Breakfast  
9 :00 Walking Group  
11:00 Sent. Chorus  
Rehearsal (1st Tues.)  
12:00 Lunch  
1:00 Tai Chi  
1:00 Next Chapter  
1-2:30 Computer Lab

Wednesday

8:30-5 Fitness Ctr.  
8:30-5 Pool, Ping Pong  
8:30-5 Tech Lab Open  
9 :00 Café/Breakfast  
9 :00 Knit & Crochet  
9:15 Silver Sneakers  
Classic  
10:00 Line Dancing  
10:30 Men's Group  
12:00 Lunch  
12:45 Bingo

THURSDAY

8:30-5 Fitness Ctr.  
8:30-5 Pool, Ping Pong  
8:30-5 Tech Lab Open  
9 :00 Café/Breakfast  
9 :00 Walking Group  
10:00 Weaving  
10:00 Beading  
12:00 Lunch  
12:45 Bingo  
1:00 Tai Chi

FRIDAY

8:30-5 Fitness Ctr.  
8:30-5 Open Tech Lab  
8:30-5 Pool, Ping Pong  
9 :00 Café/Breakfast  
9:30 S-Sneakers Classic  
10:45 News & Views  
11:00 Enhance Fitness  
12:00 Lunch  
1:00 Pinochle / Bridge  
1:00 Movie (2nd & 4th of  
the month)

**Please Note: Class location and Day changes**

Monday **Enhance Fitness** is moving from Pensdale to JW starting 1/4/2016

Tuesday **Beading Class** has moved to Thursday starting 1/7/2016



**4**  
10:30 Reading Buddies  
1:00 Paper Art Workshop  
3 - 4:00 Self Defense

**5**  
3 - 4:00 YOGA  
(All Levels)

**6**

**7**  
11:15 Best Day Story Telling  
Workshop  
3:00- 4 Ballroom Dance  
6 - 7:00 Tap Dance

**8**  
1:00 Movie


**11**  
10:30 Reading Buddies  
1:00 Paper Art Workshop  
3 - 4:00 Self Defense

**12**  
9:30 Advisory Council  
3 - 4:00 YOGA  
(All Levels)  
1:00 Finance Committee

**13**

**14** Chef's Special Day  
11:15 Best Day Story Telling  
Workshop  
3:00- 4 Ballroom Dance  
6 - 7:00 Tap Dance

**15**

**18 CLOSED**  


**19**  
3 - 4:00 YOGA  
(All Levels)

**20**  
1:00 Paper Art Workshop

**21**  
9:30 "Ask The Nurse"  
10:45 Healthy Bowel &  
Bladder Habits Presentation  
11:15 Best Day Story Telling  
Workshop  
3:00- 4 Ballroom Dance  
6 - 7:00 Tap Dance

**22**  
6:00 Blast from the PAST  
Concert Freebie w/ Light  
Dinner **Doors Open @**  
**5:30 • Light Dinner Cost**  
suggested donation  
\$2 age 60+  
\$4 age 59 & under  
**must register by noon no  
later than 1/15/16**

**25**  
9:15-10 Recorder lessons  
(beginners)  
10:15-12 Ukulele lessons  
(beginners)  
10:30 Reading Buddies  
1:00 Paper Art Workshop  
3 - 4:00 Self Defense  
5:30 FILMADELPHIA  
Presentation & 7:00  
Dinner (Doors Open @5  
w/ light refreshments)

**26**  
3 - 4:00 YOGA  
(All Levels)

**27**  
1 - 2:15 Mural Arts  
PowerPoint Presentation  
w/Q&A  
  
Please note:  
5:30 FILMADELPHIA  
Program (snow date)

**28**  
10:45 Brain Health  
Presentation w/ Dr. Stillman  
(PCA PrimeTime Health)  
1:00 Book Club  
3:00- 4 Ballroom Dance  
6 - 7:00 Tap Dance

**29**  
6:00 Evening BINGO  
Doors Open @ 5:30