

| Monday | Tuesday | Wednesday | Thursday | Friday |
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|  |  <p>* Tuesday chair exercise time change and new lunch time</p> |  |  | <p>1 8:15 Tai Chi 8:15 Strength Tr.* 9:15-10:00 Yoga 9:15 Chinese Hour 9-12 Billiards 9:30 Walking (3mile) S.H.I.P Counselor 9:30, 10:45, 12:00 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 1:00 Bingo</p> <p style="text-align: right;">*class full</p> |
| <p>4 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:30 Art Watercolor 11:00 Adv. Balance Class 12:30 Lunch 1:00 <i>Movie-Van Gogh</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p> | <p>5 8:30 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Spanish 10:00 Chinese Mah Jongg 10:00 Needlework *10:30 Chair Exercise *12:00 Lunch 1-3:45 Bridge 1:00 Acrylic Class</p> <p style="text-align: center;">TRIP</p> | <p>6 8:30 Walking (3 mile) 9:30 Walking (2 mile) 8:30 Body Form & Fitness 9:30 Yoga 10:00 Creative Writing 10:30-12:30 Experiencing America 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p> | <p>7 8:15 Strength Tr 9:15 Yoga 8:30 Walking (3 mile) 9:30 Walking (2 mile) 10:00 French Group 10:30 Ballroom Dancing 11:30 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba (new session) Pearl Harbor Day </p> | <p>8 8:15 Tai Chi 8:15 Strength Tr.* 9:15-10:00 Yoga 9:15 Chinese Hour 9-12 Billiards 9:30 Walking (3 mile) 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Delay the Disease 12:30 Lunch 2:00 Music Apprec.</p> |
| <p>11 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:30 WW Retiree 11:00 Adv. Balance Class (last session) 12:00 Yoga 1:00 <i>Movie- Me Before You</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p> | <p>12 8:30 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Spanish 10:00 Needlework *10:30 Chair Exercise *12:00 Lunch 1-3:45 Bridge 1:00 Acrylic Class</p>  | <p>13 8:30 Walking (3 mile) 9:30 Walking (2 mile) 8:30 Body Form & Fitness 9:30 Yoga 10:00 Creative Writing 10:30-12:30 Experiencing America 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p> | <p>14 8:15 Strength Tr 9:15 Yoga 8:30 Walking (3 mile) 9:30 Walking (2 mile) 10:00 French Group 10:00 Tech Help 10:30 Ballroom Dancing 11:30 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p> | <p>15 8:15 Tai Chi 8:15 Strength Tr. * 9:15-10:00 Yoga 9:15 Chinese Hour 9-12 Billiards 9:30 Walking Cancelled 10:00 Chinese Mah Jongg 10:00 AARP Safe Driving 10:15 Strength Tr. 11:30 Chair Exercise 12:00 B/P 12:30 Lunch 12:30 Delay the Disease</p> |
| <p>18 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:00 Glucose Screening 10:30 Art Watercolor 11:00 Adv. Balance Class (new Session) 12:30 Lunch 1:00 <i>Movie- Serendipity</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p> | <p>19 8:30 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Spanish 10:00 Needlework *10:30 Chair Exercise * 12:00 Lunch 1-3:45 Bridge 1:00 Acrylic Class 2:00 Talking About Books</p> | <p>20 8:30 Walking (3 mile) 9:30 Walking (2 mile) 8:30 Body Form & Fitness 9:30 Yoga 10:00 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p> | <p>21 8:15 Strength Tr 9:15 Yoga 8:30 Walking (3 mile) 9:30 Walking (2 mile) 10:00 French Group 10:30 Ballroom Dancing 11:30 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class (last Session) 3:00-3:45 Zumba  First Day of Winter</p> | <p>22 8:15 Tai Chi 8:15 Strength Tr. * 9:15-10:00 Yoga 9:15 Chinese Hour 9-12 Billiards 9:30 Walking (3 mile) 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease</p> |
| <p>25 Senior Center Closed</p>  | <p>26 Senior Center Closed</p>  | <p>27 Senior Center Closed</p>  | <p>28 Senior Center Closed</p>  | <p>29 Senior Center Closed</p>  |