

Monday	Tuesday	Wednesday	Thursday	Friday
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			<p>1 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 Mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba (new session) <i>Freehold Mall Shopping Trip</i></p>	<p>2 8:15 Tai Chi 8:15-9:00 Strength Tr. * 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:00 B/P Screening 12:30 Lunch 12:30 Delay the Disease 1:00 Bingo</p> 
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<p>5 8:15 Walking (3 mile) 8:15-9:00 Body Form & Fitness* 9:00 Chair Yoga 9:15 Walking (2mile)* 9:00 AARP Safe Driving 9:30 & 10:45 S.H.I.P 10:30 Art Watercolor 1:00 <i>Movie— Pearl Harbor</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p>	<p>6 8:30-9:15 Strength Tr. 8:30 Walking (3mile) 9:15 Walking (2mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic (last Session) <i>Longwood Garden TRIP</i></p>	<p>7 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 11:00 Stroke Rehabilitation Lecture 12:00 Duplicate Bridge 12:00 Adventures in Lit. 1:30 American Mah Jongg</p>	<p>8 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 Mile) 10:00 Tech Help 10:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p>	<p>9 8:15 Tai Chi 8:15-9:00 Strength Tr. * 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease 1:00 Bingo</p> 
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<p>12 8:15 Walking (3 mile) 8:15-9:00 Body Form & Fitness* 9:00 Chair Yoga 9:15 Walking (2mile)* 10:30 WW Retiree Group 1:00 <i>Movie-It Happened on 5th Ave.</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p>	<p>13 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic (new session)</p>	<p>14 8:30 Walking(3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:00 Vitamins & Supplements 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Lit. 1:30 American Mah Jongg</p>	<p>15 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p>	<p>16 8:15 Tai Chi 8:15-9:00 Strength Tr. * 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:00 B/P Screening 12:30 Lunch 12:30 Delay the Disease 2:00 Music Apprec.</p>
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<p>19 8:15 Walking (3 mile) 8:15-9:00 Body Form & Fitness* 9:00 Chair Yoga 9:15 Walking (2 mile)* 10:30 Art Watercolor 12:30 Lunch 1:00 <i>Movie-Noel</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p>	<p>20 8:30-9:15 Strength Tr. 8:30 Walking (3mile) 9:15 Walking (2mile) 9:30-10:15 Yoga 10:00-12:00 Holiday Treats (Coffee Station) 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic 2:00 Talking About Books</p>	<p>21 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Lit. 1:30 American Mah Jongg <i>First Day Winter</i></p> 	<p>22 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 3:00-3:45 Zumba</p>	<p>23 8:15 Tai Chi 8:15-9:00 Strength Tr. * 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease</p>
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<p>26</p> <p style="text-align:center;">SENIOR CENTER CLOSED</p> 	<p>27</p> <p style="text-align:center;">SENIOR CENTER CLOSED</p> 	<p>28</p> <p style="text-align:center;">SENIOR CENTER CLOSED</p> 	<p>29</p> <p style="text-align:center;">SENIOR CENTER CLOSED</p> 	<p>30</p> <p style="text-align:center;">SENIOR CENTER CLOSED</p> 
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