

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:00 American Mah Jongg</p>	<p><b>2</b> 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) <b>10:30 Hip &amp; Knee Screening</b> 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><b>3</b> 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 <b>12:00 B/P Screening</b> 12:30 Lunch 12:30 Delay the Disease <b>1:00 Bingo</b> </p>
<p><b>6</b> 8:15 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) <b>10:30 Watercolor Art</b> 12:30 Lunch <b>1:00 Movie-The History Makers</b> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p>	<p><b>7</b> 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) <b>9-1 AARP Tax</b> 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework <b>10:00 Smile Mercer County Seniors</b> 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic </p>	<p><b>8</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:00 American Mah Jongg  <b>1:30 &amp; 2:45 S.H.I.P</b></p>	<p><b>9</b> 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 10:00 Tech Help 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class (last session) 3:00-3:45 Zumba (last session)</p>	<p><b>10</b> 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 <b>10:00 AARP Safe Driving</b> 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease</p>
<p><b>13</b> 8:15 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) <b>10:00 Glucose &amp; B/P Screening</b> <b>1:00 Movie-Sabrina</b> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p>	<p><b>14</b> 8:30-9:15 Strength Tr. 8:30 Walking(3 mile) <b>9-1 AARP Tax</b> 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework <b>10:30 Mediation Class</b> 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic </p>	<p><b>15</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:00 American Mah Jongg</p>	<p><b>16</b> 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 <b>12:30 Colorful Creations</b> 1:00 Investment Group 2:00-2:45 Balance Class (new session) 3:00-3:45 Zumba (new session)</p>	<p><b>17</b> 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 <b>12:00 B/P Screening</b> 12:30 Lunch 12:30 Delay the Disease <b>2:00 Music Apprec.</b></p>
<p><b>20</b> <b>SENIOR CENTER CLOSED PRESIDENTS DAY</b> </p>	<p><b>21</b> 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) <b>9-1 AARP Tax</b> 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</p>	<p><b>22</b> 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:00 American Mah Jong</p>	<p><b>23</b> 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 10:00 Tech Help 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 1:00-2:45 Balance Class 3:00-3:45 Zumba</p>	<p><b>24</b> 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 <b>12:30 Pizza</b> 12:30 Delay the Disease <b>1:00 Bingo</b> </p>
<p><b>27</b> 8:15 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) <b>10:00 Body Fat Analysis</b> <b>10:30 Water Color Art</b> <b>1:00 Movie- The Meddler</b> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing 3:00 Stretching Class</p>	<p><b>28</b> 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) <b>9-1 AARP Tax</b> 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 <b>2:00 Talking about Books</b></p>			<p><b>*Friday 8:15 Strength Training Class Full Waiting List Only</b></p>