

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 8:15 Strength Tr 9:15 Yoga 8:30 Walking (3 mile) 9:30 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>2 8:15 Tai Chi 8:15 Strength Tr. * 9:15 Yoga 9-12 Billiards  9:15 Chinese Hour 9:30 Walking 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:00 Five Wishes Lecture 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease 1:00 Bingo (library) 1:30 Pickleball</p>
<p>5 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:00 Hearing Screening 10:30 Watercolor Art 11:00 Adv. Balance 12:00 Essential Yoga 12:30 Lunch 1:00 <i>Movie- The Tuskegee Airmen</i> 1:00 H.O.P.E 1:00 Make a Book 1:00 Thrive 1:30 Line Dancing</p>	<p>6 8:30 Strength Tr. 8:30 Walking (3 mile) 9-1 AARP Tax 9:15 Walking (2 mile) 9:30 Yoga 10:00 Chinese Mah Jongg 10:00 Spanish 10:00 Needlework 10:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic</p>	<p>7 8:30 Body Form & Fitness 8:30 Walking (3mile) 9:30 Walking (2mile) 9:30 Yoga 9:30, 10:45, 12:00 S.H.I.P Counselor 9:45 Creative Writing 10:30 Great Courses 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:00 American Mah Jongg</p>	<p>8 8:15 Strength Tr 9:15 Yoga 8:30 Walking (3mile) 9:30 Walking (2mile) 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</p>	<p>9 8:15 Tai Chi 8:15 Strength Tr.* 9:15 Yoga 9-12 Billiards 9:15 Chinese Hour 9:30 Walking Cancelled 10:00 Chinese Mah Jongg 10:00 AARP Safe Driving 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease 2:00 Art of New Jersey</p>
<p>12 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 11:00 Adv. Balance (last session) 12:00 Essential Yoga 1:00 <i>Movie- Queen Katwe</i> 1:00 H.O.P.E 1:00 Make a Book 1:00 Thrive 1:30 Line Dancing</p>	<p>13 8:30 Strength Tr. 8:30 Walking(3 mile) 9-1 AARP Tax 9:15 Walking (2 mile) 9:30 Yoga 10:00 Chinese Mah Jongg 10:00 Spanish 10:00 Needlework 10:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic (last session)</p>	<p>14 8:30 Body Form & Fitness 8:30 Walking (3mile) 9:30 Walking (2 mile) 9:30 Yoga 9:45 Creative Writing 10:30 Memory Screening 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature  1:00 American Mah Jongg</p>	<p>15 8:15 Strength Tr 9:15 Yoga 8:30 Walking (3 mile) 9:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00-2:45 Balance Class (new session) 3:00-3:45 Zumba (last session)</p>	<p>16 8:15 Tai Chi 8:15 Strength Tr. * 9:15 Yoga 9-12 Billiards 9:15 Chinese Hour 9:30 Walking 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 (library) 1:30 Pickleball Chinese New Year</p>
<p>19 Senior Center Closed</p> 	<p>20 8:30 Strength Tr. 8:30 Walking (3 mile) 9-1 AARP Tax 9:15 Walking (2 mile) 9:30 Yoga 10:00 Chinese Mah Jongg 10:00 Spanish 10:00 Needlework 10:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic (new session)</p>	<p>21 8:30 Body Form & Fitness 8:30 Walking (3 mile) 9:30 Walking (2 mile) 9:00 Glucose Screening 9:30 Yoga 9:45 Creative Writing 10:30 How to Hire lecture 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:00 American Mah Jong</p>	<p>22 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 10:15 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 (new session)</p>	<p>23 8:15 Tai Chi 8:15 Strength Tr. * 9:15 Yoga 9-12 Billiards 9:15 Chinese Hour 9:30 Walking 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>26 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:30 Watercolor Art 11:00 Adv. Balance (new session) 12:30 Lunch 1:00 <i>Movie- First Grader</i> 1:00 H.O.P.E 1:00 Make a Book 1:00 Thrive 1:30 Line Dancing</p>	<p>27 8:30 Strength Tr. 8:30 Walking (3 mile) 9-1 AARP Tax 9:15 Walking (2 mile) 9:30 Yoga 10:00 Chinese Mah Jongg 10:00 Spanish 10:00 Needlework 10:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge TRIP 1:00 Acrylic 2:00 Talking about Books</p>	<p>28 8:30 Body Form & Fitness 8:30 Walking (3mile) 9:30 Walking (2 mile) 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 11:00 Osteoarthritis Presentation 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:00 American Mah Jongg</p>		<p>*Friday 8:15 Strength Training Class Full</p> 