## **JANUARY 2025**

(609)799-9068

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			8:30 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
			10:00 Art of Watercolor - Margaret (double classroom) \$\$\$\$	8:30 Strength - Lisa (activity room)
		FAR	11:00 Cardio - Linda (activity room)	9:30 Chinese Hour - Sylvia (double classroom)
			1:00 Investment Group (double classroom)	09:30 Tai Chi - Hsueh (activity room)
		SENIOR CENTER CLOSED	1:00 Zumba - Vin (activity room) \$\$\$\$	10:45 Bollywood Dance Class (activity room)
6 9:15 Form & Function - Kelly	7 8:30 Strength - Kelly (activity room)	8 8:15 Walking (double classroom)	9 8:30 Total Body Toning - Vin (activity room)	10 8:15 Walking (double classroom)
(activity room)  10:15 Yoga - Kelly	9:00 Spanish 1 - Nelida (library/ZOOM) \$\$\$\$	9:15 Form & Function - Kelly (activity room)	9:30 Yoga -Ria (activity room)	8:30 Strength - Lisa (activity room)
(activity room)  11:00 Art of Oil Painting	9:30 Yoga -Kelly (activity room)	10:00 Balance – Anna ZOOM	10:00 Art of Watercolor - Margaret (double classroom) \$\$\$\$	9:30 Chinese Hour - Sylvia (double classroom)
-Zakia (double classroom) \$\$\$\$	10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$\$\$	11:00 Chair Yoga - Ed (activity room)	11:00 Cardio - Vin (activity room)	09:30 Tai Chi - Hsueh (activity room)
11:30 Strength -Ed (activity room)	11:30 Chair, Stretch & Tone -	11:45 Duplicate Bridge (double classroom)	1:00 Investment Group	10:45 Bollywood Dance Class
1:00 - 3:00 Session 1- H.O.P.E. (library)	Lisa (activity room)		<pre>(double classroom) 1:00 Zumba - Vin (activity room) \$\$\$\$</pre>	(activity room) 11:00 Strength - Anna ZOOM
1:30 Drawing with Calligraphy- Margaret (double classroom)				
9:15 Form & Function - Kelly (activity room)	14 8:30 Strength - Kelly (activity room)	15 8:15 Walking (double classroom)	16 8:30 Total Body Toning - Vin (activity room)	17 8:15 Walking (double classroom)
10:15 Yoga - Kelly (activity room)	9:00 Spanish 1- Nelida (library/ZOOM) \$\$\$\$	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Ria (activity room)	8:30 Strength - Lisa (activity room)
11:00 Art of Oil Painting	9:30 Yoga -Ria (activity room)	10:00 Balance - Anna ZOOM	10:00 Art of Watercolor - Margaret (double classroom) \$\$\$\$	9:30 Chinese Hour - Sylvia (double classroom)
(double classroom) \$\$\$\$	10:00 NJ Save (computer room)	9:30, 10:15, 12:00	11:00 Cardio - Vin (activity room)	09:30 Tai Chi - Hsueh (activity room)
11:30 Strength -Ed (activity room)	10:00 Blood Pressure Screening	11:00 Chair Yoga - Ed (activity room)	1:00 Investment Group (double classroom)	10:45 Bollywood Dance Class (activity room)
1:00 - 3:00 Session 2 - H.O.P.E. (library)	10:00 Spanish 2 - Nelida (library/ZOOM) \$\$\$\$	11:45 Duplicate Bridge (double classroom)	1:00 Manet Lecture- ZOOM	11:00 Strength - Anna ZOOM
1:30 Drawing with Calligraphy- Margaret	11:30 Chair, Stretch & Tone - Lisa (activity room)		1:00 Zumba - Vin (activity room) \$\$\$\$	
(double classroom)	1:00 Eating for Cancer Prevention (activity room)			
	1:00 Bingo (double classroom)			
20	21 8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	24 8:15 Walking (double classroom)
THE DREAM	9:00 Spanish 1 -Nelida (library/ZOOM) \$\$\$\$	9:15 Form & Function - Kelly (activity room)	9:30 Yoga- Ria (activity room)	8:30 Strength - Lisa (activity room)
ALLYS:	9:30 Yoga-Ria (activity room)	10:00 Balance - Anna ZOOM	10:00 Art of Watercolor - Margaret (double classroom) \$\$\$\$	9:30 Chinese Hour - Sylvia (double classroom)
SENIOR	10:00 Spanish 2 -Nelida (library/ ZOOM) \$\$\$\$	11:00 Chair Yoga - Ed (activity room)	11:00 Cardio - Vin (activity room)	09:30 Tai Chi - Hsueh (activity room)
CENTER CLOSED	10:00 NJ Save (computer room)	11:45 Duplicate Bridge (double classroom)	1:00 Investment Group (double classroom)	10:45 Bollywood Dance Class (activity room)
	11:30 Chair, Stretch & Tone - Lisa (activity room)		1:00 Zumba - Vin (activity room) \$\$\$\$	11:00 Strength - Anna ZOOM
9:15 Form & Function - Kelly	28 8:30 Strength - Kelly (activity room)	29 8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	31 8:15 Walking (double classroom)
(activity room)  10:15 Yoga - Kelly	9:00 Spanish 1-Nelida (library/ ZOOM) \$\$\$\$	9:15 Form & Function - Kelly (activity room)	9:30 Yoga-Ria (activity room)	8:30 Strength - Lisa (activity room)
(activity room)  11:00 Art of Oil Painting	9:30 Yoga -Ria (activity room)	10:00 Balance - Anna ZOOM	10:00 Art of Watercolor - Margaret (double classroom) \$\$\$\$	9:30 Chinese Hour - Sylvia (double classroom)
- Zakia (double classroom) \$\$\$\$	10:00 Spanish 2 -Nelida (library/ ZOOM) \$\$\$\$	11:00 Chair Yoga - Ed (activity room)	11:00 Cardio - Vin (activity room)	09:30 Tai Chi - Hsueh (activity room)
11:30 Strength - Ed (activity room)	10:00 Depression in the Elderly Lecture	11:45 Duplicate Bridge (double classroom)	1:00 Investment Group (double classroom)	10:45 Bollywood Dance Class (activity room)
1:00 - 3:00 Session 3 - H.O.P.E. (library) 1:30 Drawing with Calligraphy- Margaret (double classroom)	(double classroom)  11:30 Chair, Stretch & Tone - Lisa (activity room) 2:00 Book Club (library)		1:00 Zumba - Vin (activity room) \$\$\$\$	11:00 Strength - Anna ZOOM 2:00 Chinese New Year Bravura Youth Orchestra Concert
				(activity room)