

January 2012 Senior Center Activities

<u>Monday 1/2</u> Closed for New Year's	<u>Tuesday 1/3</u> 8:30 Enhance Fitness 10:00 Art Class 10:00 Alzheimer's Group 10:00 Yogacise 11:00 Bid Euchre 11:00 Chair Exercise	<u>Wednesday 1/4</u> 9:00 Brain Builders 10:00 Bingo 12:45 Game Hour	<u>Thursday 1/5</u> 8:30 Enhance Fitness 9:00 Old Rails 10:00 Yogacise 11:00 Chair Exercise 7:00 Alzheimer's Group	<u>Friday 1/6</u> 9:00 City Bus 10:00 Bingo 12:30 Cherry Lane Dudes 12:45 Game Hour
<u>Monday 1/9</u> 8:30 Enhance Fitness 9:00 Crafts w/ Selma 10:00 Yogacise 10:15 Line Dancing 11:00 Porcelain Painters 1:00 Bingo by Rosewalk Village	<u>Tuesday 1/10</u> 8:30 Enhance Fitness 10:00 Art Class 10:00 Yogacise 11:00 Bid Euchre 11:00 Chair Exercise 12:45 Game Hour	<u>Wednesday 1/11</u> 9:00 Brain Builders 10:00 Bingo 12:30 Alcoa Retirees Euchre 12:45 Game Hour	<u>Thursday 1/12</u> 8:30 Enhance Fitness 9:00 Old Rails 10:00 Yogacise 11:00 Chair Exercise	<u>Friday 1/13</u> 10:00 Bingo 12:30 Cherry Lane Dudes 12:45 Game Hour 1:00 AARP Board Meeting
<u>Monday 1/16</u> Closed	<u>Tuesday 1/17</u> 8:30 Enhance Fitness 10:00 Art Class 10:00 Yogacise 11:00 Bid Euchre 11:00 Chair Exercise 12:45 Game Hour	<u>Wednesday 1/18</u> 8:30 Blood Pressure Checks 9:00 Brain Builders 10:00 Bingo 11:15 Meet Trilogy 12:30 Ice Cream Social w/ Southern Care 12:45 Game Hour	<u>Thursday 1/19</u> 8:00 Enhance Fitness 9:00 Old Rails 10:00 Yogacise 11:00 Chair Exercise	<u>Friday 1/20</u> 10:00 Bingo 12:30 Cherry Lane Dudes 12:45 Game Hour
<u>Monday 1/23</u> 8:30 Enhance Fitness 9:00 Crafts w/ Viv 10:00 Yogacise 10:15 Line Dancing 11:00 Porcelain Painters 1:00 Bingo by Kindred Transitional Health Care	<u>Tuesday 1/24</u> 8:30 Enhance Fitness 10:00 Art Class 10:00 Yogacise 11:00 Bid Euchre 11:00 Chair Exercise 12:45 Game Hour	<u>Wednesday 1/25</u> 8:30 Blood Pressure Checks 9:00 Brain Builders 10:00 Bingo 12:45 Game Hour 1:00 AARP Meeting	<u>Thursday 1/26</u> 8:00 Enhance Fitness 9:00 Old Rails 10:00 Yogacise 10:30 Ambassadors Rehearsal 11:00 Chair Exercise	<u>Friday 1/27</u> 10:00 Bingo 11:00 Groans & Giggles 12:30 Cherry Lane Dudes 12:45 Game Hour
<u>Monday 1/30</u> 8:30 Enhance Fitness 10:00 Yogacise 10:15 Line Dancing 11:00 Porcelain Painters 1:00 Bingo By Green Tree	<u>Tuesday 1/31</u> 8:30 Enhance Fitness 10:00 Art Class 10:00 Yogacise 11:00 Bid Euchre 11:00 Chair Exercise 12:45 Game Hour			

February 2011 Senior Center Activities

		<u>Wednesday 2/1</u>	<u>Thursday 2/2</u>	<u>Friday 2/3</u>
		9:00 Blood Pressure Screenings 9:00 Brain Builders 10:00 Bingo 12:45 Game Hour	8:30 Enhance Fitness 9:00 Old Rails 10:00 Yogacise 10:30 Ambassadors Rehearsal 11:00 Chair Exercise 7:00 Alzheimer's Group	9:00 City Bus 10:00 Bingo 12:30 Cherry Lane Dudes 12:45 Game Hour
<u>Monday 2/6</u>	<u>Tuesday 2/7</u>	<u>Wednesday 2/8</u>	<u>Thursday 2/9</u>	<u>Friday 2/10</u>
8:30 Enhance Fitness 9:00 Crafts w/ Selma 10:00 Yogacise 10:15 Line Dancing 11:00 Porcelain Painters 1:00 Bingo by Serenity Hospice	8:30 Enhance Fitness 10:00 Alzheimer's Group 10:00 Art Class 10:00 Yogacise 11:00 Bid Euchre 11:00 Chair Exercise 12:30 Hobby Time 12:30 Great Courses—Structures 12:45 Game Hour	9:00 Blood Pressure Screenings 9:00 Brain Builders 10:00 Bingo 12:30 Alcoa Retirees Euchre 12:45 Game Hour	8:30 Enhance Fitness 9:00 Old Rails 10:00 Yogacise 10:30 Ambassadors at Rosewalk Commons 11:00 Chair Exercise	10:00 Bingo 12:30 Cherry Lane Dudes 12:45 Game Hour 1:00 AARP Board Meeting
<u>Monday 2/13</u>	<u>Tuesday 2/14</u>	<u>Wednesday 2/15</u>	<u>Thursday 2/16</u>	<u>Friday 2/17</u>
8:30 Enhance Fitness 10:00 Yogacise 10:15 Line Dancing 11:00 Porcelain Painters 1:00 Bingo by Rosewalk Village	8:30 Enhance Fitness 10:00 Art Class 10:00 Yogacise 11:00 Bid Euchre 11:00 Chair Exercise 12:30 Hobby Time 12:30 Great Courses—Structures 12:45 Game Hour	9:00 Blood Pressure Screenings 9:00 Brain Builders 10:00 Bingo 11:15 Meet Trilogy 12:30 Ice Cream Social with Southern Care 12:30 Movie—Mamma Mia! 12:45 Game Hour	8:30 Enhance Fitness 9:00 Old Rails 10:00 Yogacise 10:30 Ambassadors at St. Anthony's 11:00 Chair Exercise	10:00 Bingo 12:30 Cherry Lane Dudes 12:45 Game Hour
<u>Monday 2/20</u>	<u>Tuesday 2/21</u>	<u>Wednesday 2/22</u>	<u>Thursday 2/23</u>	<u>Friday 2/24</u>
8:30 Enhance Fitness 9:00 Crafts w/ Viv 10:00 Yogacise 10:15 Line Dancing 11:00 Porcelain Painters 1:00 Bingo By Heritage Healthcare	8:30 Enhance Fitness 10:00 Art Class 10:00 Yogacise 11:00 Bid Euchre 11:00 Chair Exercise 12:30 Hobby Time 12:30 Great Courses—Structures 12:45 Game Hour	9:00 Brain Builders 9:00 Blood Pressure Screenings 10:00 Bingo 12:45 Game Hour 1:00 AARP Meeting	8:30 Enhance Fitness 9:00 Old Rails 10:00 Yogacise 10:30 Ambassadors Rehearsal 11:00 Chair Exercise	10:00 Bingo 11:00 Groans & Giggles 12:30 Cherry Lane Dudes 12:45 Game Hour
<u>Monday 2/27</u>	<u>Tuesday 2/28</u>	<u>Wednesday 2/29</u>		
8:30 Enhance Fitness 9:00 Crafts w/ Viv 10:00 Yogacise 10:15 Line Dancing 11:00 Porcelain Painters 1:00 Bingo	8:30 Enhance Fitness 10:00 Art Class 10:00 Yogacise 11:00 Bid Euchre 11:00 Chair Exercise 12:30 Hobby Time 12:30 Great Courses—Structures 12:45 Game Hour	9:00 Brain Builders 9:00 Blood Pressure Screenings 10:00 Bingo 12:45 Game Hour		