

❄️ **JANUARY 2013** ❄️

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 9:00-2:30 I&R Hours 11:00 Fit for the Future	1 New Years Day  <i>Senior Center Closed</i>	2 8:30 Fit for the Future 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+	3 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters  1:00 <i>Bridges Together Training</i>	4 9:30-11:30 Bingo  9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Watercolors (1)  1:30 <i>Opera</i> (1)
7 9:00-2:30 I&R Hours 10:00-11:30 <i>History of Egypt DVD Series</i> (5) 11:00 Fit for the Future 1:00 Better Bones (4)  2:15 Intro to Tai Chi (1) <i>NEW!</i>	8 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (6) 12:00 Lunch 12:30-3:30 Bridge 3:00 COA Board Meeting	9 8:30 Fit for the Future 9:00-2:30 I&R Hours 9:30 <i>Drawing</i> (1)  11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+ 2:00-4:00 Teen Tech	10 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters  12:00 <i>Soup's On: Can You Hear Me?</i>	11 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future  1:00 Watercolors (2)  <i>No Opera this week</i>
14 9:00-2:30 I&R Hours 10:00-11:30 <i>History of Egypt DVD Series</i> (6) 10:00 Stamp club 11:00 Fit for the Future 1:00 Better Bones (5)  2:15 Intro Tai Chi (2)	15 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7)  11:00 <i>Blood Pressure Talk</i>  12:00 Lunch 12:30-3:30 Bridge 1:30 <i>Trip Meeting</i>	16 8:30 Fit for the Future 9:00-2:30 I&R Hours 9:30 <i>Drawing</i> (2)  11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+	17 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters  12:30 <i>A Trip to Antarctica</i>  1:30-3:00 <i>Beginner Watercolors</i> – NEW!	18 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Watercolors (3)  1:30 <i>Opera</i> (2)
21 Martin Luther King Jr. Holiday   <i>Senior Center Closed</i>	22 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (8) 10:00-12:00 Legal Clinic 12:00 Lunch 12:30-3:30 Bridge	23 8:30 Fit for the Future 9:00-2:30 I&R Hours 9:30 <i>Drawing</i> (3)  11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+  1:30 <i>Pianist Rick Scales</i>	24 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Joyful Noise</i>  1:30-3:00 <i>Beginner Watercolors</i> (2) 3:00 Friends Meeting	25 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Watercolors (4)  1:30 <i>Opera</i> (3)
28 9:00-2:30 I&R Hours 10:00-11:30 <i>History of Egypt DVD Series</i> (7) 11:00 Fit for the Future 1:00 Better Bones (6)  2:15 Intro to Tai Chi (3)	29 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (1) 12:00 Lunch 12:30-3:30 Bridge	30 8:30 Fit for the Future 9:00-2:30 I&R Hours 9:30 <i>Drawing</i> (4) 11:00 Fit for the Future 12:00 Lunch 12:30 Zumba 55+ 2:00-4:00 Teen Tech	31 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters  1:30-3:00 <i>Beginner Watercolors</i> (3)	