

January 2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|---|---|---|---|
| | | | | | 1 Center Closed Happy New Year! | 2 |
| 3 | 4 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:00 Stretch & More 10:45 Tai Chi 11:45 Arthritis Tai Chi 12:30 Readers Meeting 1:00 Presidential Wives | 5 8:30 Foot Care 8:30 Weight/Strength No Fitness & Flexibility 9:45 Bingo 1:00 Wii 4:00 Restorative Yoga 5:30 Line Dance | 6 8:10 Cardio, Core & More 8:30 Massage 9:00 Exercise w/purpose 10:00 Hooks & Needles 10:00 N1H1 Flu 10:45 Tai Chi 11:45 Arthritis Tai Chi 1:00 Board Meeting 4:00 Yoga | 7 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 9:30 Fitness & Flexibility 10:00 Advance Tap 3:00 Line Dancing | 8 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 1:00 Knit Your Own Socks 1:30 Medicare Update | 9 |
| 10 | 11 8:10 Cardio, Core & More 8:30 Foot Care 9:00 Exercise w/ purpose 10:00 Stretch & More 10:45 Tai Chi 11:45 Arth Tai Chi 12:30 Readers Meeting 1:00 1870's Bustle Gown 6:00 Retirement By Design | 12 8:30 Weight/Strength 9:30 Fitness & Flexibility 10:00 Recovery with Helpful People 1:00 Wii 1:30 Eyeglass ✓ 4:00 Restorative Yoga 5:30 Line Dance | 13 8:10 Cardio, Core & More 8:30 Massage 9:00 Exercise w/purpose 10:45 Tai Chi 11:45 Arthritis Tai Chi 1:00 ResCare Home Care 4:00 Yoga | 14 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 9:30 Fitness & Flexibility 3:00 Line Dancing | 15 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 10:30 Blood Pressure ✓ 11:30 Birthday& Anniv 12:15 Heaven Help Us Sing-A-Long 1:00 Knit your own Socks | 16 7:00—10:00 am Biscuit & Gravy Breakfast |
| 17 | 18 Center Closed | 19 8:30 Weight/Strength 9:30 Fitness & Flexibility 12:30 Spinal Screening 1:00 Wii 3:00 Friendship Club 4:00 Restorative Yoga 5:30 Line Dance Fold Newsletter | 20 No Cardio, Core & More 8:30 Massage 8:30 Exercise w/purpose 9:45 Bingo 10:00 Hooks & Needles 10:45 Tai Chi 11:45 ArthTai Chi 2:00 Caregiver Comic Relief 4:00 Yoga | 21 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 9:30 Fitness & Flexibility 10:00 Advance Tap 3:00 Line Dancing | 22 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 12:30 Heart Disease 1:00 Knit your own Socks | 23 |
| 24 | 25 8:10 Cardio, Core & More 8:30 Foot Care 9:00 Exercise w/ purpose 10:00 Stretch & More 10:45 Tai Chi 11:45 Arthritis Tai Chi 12:30 Readers Meeting Sign-ups | 26 8:30 Weight/Strength 9:30 Fitness & Flexibility 1:00 Looking for Employment 1:00 Wii 4:00 Restorative Yoga 5:30 Line Dancing | 27 8:10 Cardio, Core & More 8:30 Massage 9:00 Exercise w/purpose 10:45 Tai Chi 11:45 Arthritis Tai Chi 4:00 Yoga | 28 8:00 Wii 8:30 Weight/Strength 8:30 Massage 8:15 B Tap 9:15 Tap 9:30 Fitness & Flexibility 10:00 Advance Tap 11:00 Mystery Lunch 3:00 Line Dancing | 29 8:10 Cardio, Core & More 9:00 Exercise w/ purpose 1:00 Knit your own socks | 30 |