

Monday	Tuesday	Wednesday	Thursday
<p>2</p> <p><b>Closed</b> <b>Happy New Year!!</b></p>	<p>3</p> <p>8 a.m.-3:45 p.m. – Exercise Room            10 a.m. - Knitting Hearts            10:30 a.m. - Music w/Jerry Ivory            12 p.m. – Lunch (Must Sign Up)            1 p.m. – Bingo            1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>4</p> <p>8 a.m.-3:45 p.m.- Exercise Room            9 a.m. – Noon – Line Dancing            9 a.m. – Noon – Wii Bowling            12 p.m. – Lunch (Must Sign Up)            1 p.m. – Bingo            2:30 p.m. – Craft (Must Sign Up)</p>	<p>5</p> <p>8 a.m. – 3:45 p.m.- Exercise Room            8:45 a.m. - Strong Bones            10 a.m. – Silver Sneakers            12 p.m. - Lunch (Sign Up)            12:50 p.m. - Yoga            1 p.m. - Bingo</p>
<p>9</p> <p>8 a.m. – 3:45 p.m.- Exercise Room            8:45 a.m. - Strong Bones            10 a.m. – Silver Sneakers            12 p.m. – Pot Luck Lunch (Sign Up)            6:30 p.m. – Pinochle</p>	<p>10</p> <p>8 a.m.-3:45 p.m. – Exercise Room            10 a.m. - Knitting Hearts            12 p.m. – Lunch (Must Sign Up)            1 p.m. – Bingo            1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>11</p> <p>8 a.m.-3:45 p.m.- Exercise Room            9 a.m. – Noon – Line Dancing            9 a.m. – Noon – Wii Bowling            12 p.m. – Lunch (Must Sign Up)            1 p.m. – Bingo</p>	<p>12</p> <p>8 a.m. – 3:45 p.m.- Exercise Room            8:45 a.m. - Strong Bones            10 a.m. – Silver Sneakers            12 p.m. - Lunch (Sign Up)            12:50 p.m. - Yoga            1 p.m. - Bingo</p>
<p>16</p> <p>8 a.m. – 3:45 p.m.- Exercise Room            8:45 a.m. - Strong Bones            10 a.m. – Silver Sneakers            12 p.m. - Brunch (Must Sign Up)                - Chatterbug Society            6:30 p.m. – Pinochle</p>	<p>17</p> <p>8 a.m.-3:45 p.m. – Exercise Room            10 a.m. - Knitting Hearts            12 p.m. – Lunch (Must Sign Up)            1 p.m. – Bingo            1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>18</p> <p>8 a.m.-3:45 p.m.- Exercise Room            9 a.m. – Noon – Line Dancing            9 a.m. – Noon – Wii Bowling            12 p.m. – Lunch (Must Sign Up)            1 p.m. – Bingo            2:30 p.m. – Snack Attack (Must Sign Up)</p>	<p>19</p> <p>8 a.m. – 3:45 p.m.- Exercise Room            8:45 a.m. - Strong Bones            10 a.m. – Silver Sneakers            12 p.m. - Lunch (Sign Up)            12:50 p.m. - Yoga            1 p.m. - Bingo</p>
<p>23</p> <p>8 a.m. – 3:45 p.m.- Exercise Room            8:45 a.m. - Strong Bones            10 a.m. – Silver Sneakers            12 p.m. - Ordered Lunch (\$3/ea.)            (Must Sign Up for Lunch)            6:30 p.m. – Pinochle</p>	<p>24</p> <p>8 a.m.-3:45 p.m. – Exercise Room            10 a.m. - Knitting Hearts            12 p.m. – Lunch (Must Sign Up)            1 p.m. – Bingo            1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>25</p> <p>8 a.m.-3:45 p.m.- Exercise Room            9 a.m. – Noon – Line Dancing            9 a.m. – Noon – Wii Bowling            12 p.m. – Lunch (Must Sign Up)            1 p.m. – Bingo</p>	<p>26</p> <p>8 a.m. – 3:45 p.m.- Exercise Room            8:45 a.m. - Strong Bones            10 a.m. – Silver Sneakers            12 p.m. - Lunch (Sign Up)            12:50 p.m. - Yoga            1 p.m. - Bingo</p>
<p>30</p> <p>8 a.m. – 3:45 p.m.- Exercise Room            8:45 a.m. - Strong Bones            10 a.m. – Silver Sneakers            6:30 p.m. – Pinochle</p>	<p>31</p> <p>8 a.m.-3:45 p.m. – Exercise Room            10 a.m. - Knitting Hearts            12 p.m. – Lunch (Must Sign Up)            1 p.m. – Bingo            1 p.m. &amp; 2:15 p.m. Silver Sneakers</p>	<p>** January 21 – Senior Snowball –            2 p.m. to 6 p.m. – See Amy for            Details and to Get a Ticket!! **</p>	<p>Evening Exercise: Mondays and            Wednesdays 6 p.m. to 8 p.m.</p>