

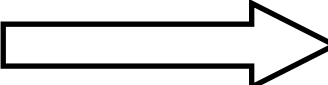
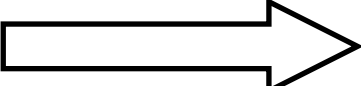





January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 <u>Center Closed</u>	3 9:30 am– 10 am Zumba 12 pm– Game day Bring your friends and your favorite game!	4 9:30 am– Line Dancing 9:30 am– Mah Jongg	5 9– Wood Carvers 1 pm– Indoor Cornhole	6 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio 1 pm– Scrabble Match 1 pm– Spaghetti Lunch for National Spaghetti Day \$4	7 
8 New Zumba Class on Wednesday! 	9 11 am-11:40 am Chair Yoga 11:45 am-12:15 pm Zumba Toning 1 pm– AARP Meeting	10 9:30 am– 10 am Zumba 12:30 pm– Community Solar Presentation & light refreshments	11 9:30 am– Line Dancing 9:30 am– Mah Jongg 12:30 pm– Zumba 1:30 pm– Knitting & Crocheting	12 9– Wood Carvers 11:45 am-12:10 pm Elijah’s Promise Food Truck 1 pm– Indoor Cornhole	13 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio 1 pm– Scrabble Match	14
15 New Fitness Classes This Week & Zumba! 	16 <u>Center Closed– Martin Luther King, Jr. Day</u> 	17 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 1 pm- Tea Party & Game Day– Bring your favorite mug & game!	18 9:30 am– Line Dancing 9:30 am– Mah Jongg 10– Friends 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba	19 9– Wood Carvers 11:45 am-12:10 pm Elijah’s Promise Food Truck 1 pm– Indoor Cornhole	20 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio 1 pm– Scrabble Match 1 pm– New Year’s Celebration & Bingo \$4	21
22	23 11:30 am-12:15 pm– Chair Yoga 12:20 pm-12:50 pm– Zumba Toning 1:30 pm– Chinese New Year Celebration!	24 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 1 pm– Movie Social & Snacks TOP GUN Maverick w/Tom Cruise	25 9:30 am– Line Dancing 9:30 am– Mah Jongg 11 am-11:45 am– Advanced Strength Training 12:30 pm– Zumba	26 9– Wood Carvers 11:45 am-12:10 pm Elijah’s Promise Food Truck 1 pm– Indoor Cornhole	27 10 am-10:30 am– Zumba 11 am-11:30 am– Strength & Cardio 1 pm– Scrabble Match	28
29	30 10:30 am– Cracker Barrell Trip \$1 10:30 am– AARP Board Meet- ing 11:30 am-12:15 pm– Chair Yoga 12:20 pm-12:50 pm– Zumba Toning	31 9:30 am– 10 am Zumba 11 am-11:45 am– Gentle Mat Yoga 1:30 pm– National Pie Day! Come get a sweet treat!		