


Sr. Programming is open to all area seniors for Recreational and Educational purposes. **NO** soliciting.

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<u>2</u>	<u>3</u>
			8:00 Indoor Walking Rec Center 9:15 Strength & Conditioning 12:30 Sheephead 1:00 500	9:15 NO Chair Yoga 10:00 Knot Just Knitting 1:00 BINGO 1:00 500 1:00 Hutch Bowl
<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
9:15 SAIL 10:00 Tour Registration 10:00 KJK Workshop 10:30 Bean Bags 1:00 Pinochle 	8:00 Indoor Walking Rec Center 9:15 Card Makers 9:15 Exercise to DVD 9:15 Sheephead 10:00 Embroidery Group 1:00 Pinochle 1:00 BINGO	9:15 SAIL 9:15 Texas Hold 'Em 10:30 Book Club "A" 11:30 Line Dancing VFW Noon Bridge 1:00 Ping Pong 1:00 Bean Bags 1:00 Cribbage	8:00 Indoor Walking Rec Center 9:15 Strength & Conditioning 12:30 Sheephead 1:00 500	9:15 Chair Yoga 10:00 Knot Just Knitting 1:00 BINGO 1:00 500 1:00 Hutch Bowl
<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>
9:15 SAIL 10:00 KJK Workshop 10:30 Bean Bags 1:00 Pinochle	8:00 Indoor Walking Rec Center 9:15 Card Makers 9:15 Exercise to DVD 9:15 Sheephead 10:00 Embroidery Group 1:00 Pinochle 1:00 BINGO	9:15 SAIL 9:15 Texas Hold 'Em 10:00 Monthly Movie 10:30 Book Club "B" 11:30 Line Dancing VFW 1:00 Monthly Movie 1:00 Ping Pong 1:00 Bean Bags 1:00 Cribbage	8:00 Indoor Walking Rec Center 9:15 Strength & Conditioning 12:30 Sheephead 1:00 500	9:15 Chair Yoga 10:00 Knot Just Knitting 1:00 BINGO 1:00 500 1:00 Hutch Bowl
<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>
	8:00 Indoor Walking Rec Center 9:15 Card Makers 9:15 Exercise to DVD 9:15 Sheephead 10:00 Embroidery Group 1:00 Pinochle 1:00 BINGO- sm room	9:15 SAIL 9:15 Texas Hold 'Em 11:30 Line Dancing VFW Noon Bridge 1:00 Ping Pong 1:00 Bean Bags 1:00 Cribbage	8:00 Indoor Walking Rec Center 9:15 Strength & Conditioning 12:30 Sheephead 1:00 500	9:15 Chair Yoga 10:00 Knot Just Knitting 1:00 BINGO 1:00 500 1:00 Hutch Bowl
<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>
9:15 SAIL 10:00 KJK Workshop 10:00 Sr. Ad Board 10:30 Bean Bags 1:00 Pinochle	8:00 Indoor Walking Rec Center 9:00 Foot Clinic (call for apt) 9:15 Card Makers 9:15 Exercise to DVD 9:15 Sheephead 10:00 Embroidery Group 1:00 Pinochle 1:00 BINGO	9:00 Foot Clinic (call for apt) 9:15 SAIL 9:15 Texas Hold 'Em 10:00 Back to Cold Spring Day Tour 10:30 Book Club "B" <small>Green Castle</small> 11:30 Line Dancing VFW 1:00 Ping Pong 1:00 Bean Bags 1:00 Cribbage	8:00 Indoor Walking Rec Center 9:00 Foot Clinic (call for apt) 9:15 Strength & Conditioning 12:30 Sheephead 1:00 500	9:15 Chair Yoga 10:00 Knot Just Knitting 1:00 BINGO 1:00 500 1:00 Hutch Bowl