January 2009

Mon	Tue	Wed	Thu	Fri
			1 **Closed for New Years**	**2** 8:30-9:20 Strength DVD 10:00-11:30 Computer Club 10:30-12:00 Cribbage 12:30-2:05 Movie 1:00-4:30 Poker
5 8:30-9:30 Stretch & Flex Begins 9:00-10:30 Excel Spreadsheets 9:30-11:00 Drop-in One Stroke 10:00-12:00 Bridge Class Begins 12:30-2:00 Using a Digital Camera 1:00-3:00 SHINE	**6** 8:30-9:30 Cardio Flex Begins 9:45-10:45 Stretch/Tone Begins 10:00 Bowling at Bowladrome 11:00-11:45 TV Conversion 12:30-3:00 Mah Jongg/Train 1:00-2:00 On-line Banking	**7** 8:30-9:30 Cardio Flex Begins 9:00-10:30 Watercolor Begins 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 3:00-3:45 Stretch DVD	**8** 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi Begins 1:00-2:00 Re-gifting Party	**9** 8:30-9:30 Cardio Flex 10:30-12:00 Cribbage 1:00-4:30 Poker 1:30-3:00 Genealogy
12 8:30-9:30 Stretch & Flex 9:00-10:30 Excel Spreadsheets 9:30-11:00 Drop-in One Stroke 10:00-12:00 Bridge 1:00-2:00 Friendly Visitor Meeting 1:00-3:00 SHINE 3:45 COA Board Meeting	**13** 8:20-11:00 Podiatry 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch & Tone 10:00 Bowling @ Bowladrome 11:00-11:50 Strength DVD 12:30-3:00 Mah Jongg/Train 1:30-3:00 Watercolor Begins	**14** 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 11:45 Birthday Lunch 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 3:00-3:45 Stretch DVD	**15** 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 12:30-1:30 Downsizing Program	**16** 8:30-9:30 Cardio Flex 9:00 Men's & Ladies Breakfast 10:00-11:30 Computer Club 10:30-12:00 Cribbage 12:30-2:35 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages
19 **Closed for** **Martin Luther King Jr. Day**	**20** 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 10:00 Bowling @ Bowladrome 11:00 Inauguration on TV 12:30-3:00 Mah Jongg/Train 1:30-3:00 Watercolor	**21** 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 1:00-2:30 Senior Center Expansion Public Input Mtg 1:00-3:00 Drop-in Pool 1:30-3:00 Computer Club 3:00-3:45 Stretch DVD	**22** 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 11:45 Indian Lunch 1:00-2:00 Fire Prevention Prog. 7:00pm Senior Center Expansion Public Input Meeting at Town Hall	**23** 8:30-9:30 Cardio Flex 10:30-12:00 Cribbage 1:00-4:30 Poker 1:30-3:00 Genealogy 2:00-4:00 Digital Photographs
26 8:30-9:30 Stretch & Flex 9:30-11:00 One Stroke Begins 10:00-12:00 Bridge 12:30-1:30 Beading with Joan 1:00-3:00 SHINE 1:00-2:00 Bookies	**27** 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch & Tone 10:00 Bowling @ Bowladrome 11:00-11:50 Strength DVD 12:30-3:00 Mah Jongg/Train 1:30-3:00 Watercolor	**28** 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 3:00-3:45 Stretch DVD	**29** 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 12:30-1:30 Energy Efficiency Program	**30** 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:30-12:00 Cribbage 12:30-2:00 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages