









# JANUARY 2014



EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
9:00 Table Tennis 9:30 Bridge/ Chair Exercise 10:00 Mile Park Walk or Computer Class 10:45 YAHF Exercise 12:00 Lunch \$3 donation 12:30 Cards/ Dominos	9-9:45 Low Impact Aerobics 10:00 Crafts 11:00 Arthritis Exercise 12:00 Soup & Sandwich 1:00 Chi Gong	9:00 Table Tennis 9:30 Chair Exercise 10:00 Mile Park Walk 10:45 Exercise Young At Heart Fitness 12:00 Lunch \$3 donation 12:30 Cards /Dominos 1:00 Euchre/Gametime	9 - 9:45 Low Impact Aerobics  Senior Club Activities	9:00 Table Tennis 9:30 Chair Exercise 10:00 Mile Park Walk 10:45 Exercise Young At Heart Fitness 12:00 Lunch \$3 Donation 12:30 Cards / Dominos
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 	2	3
6 11:30 Living Healthy w/ Diabetes  Line Dance w/ Jerry E	7 Crafts: Snowmen  2- Balance Exercise	8 Monthly Birthday   Gametime: Scattegories	9 10:15 am Yoga  Cards & Bingo  3:15 Fyle/ Senior Hangout	10 11:30 Nuts about Nutrition
13 12:30 Living Healthy w. Diabetes Class- registration required.  Line Dance w/ Bob  W	14 Crafts w/ Jackie Napkin Rings  2- Balance Exercise	15 10-Walking Group YAHF TIME TRIAL 10:15-11AM 11:15 -12 NOON CHOOSE 1-SEE SIGN UP SHEET. Gametime: Trivia	16 Vollmer Reading Program 10:15 Yoga  Dish to Pass	17 1:00 Book Club w/ Alicia 'In a Sunburned Country'  Line Dance w/ Will
20 Center Closed  "I HAVE A DREAM..." - Martin Luther King, Jr. 	21 Crafts: Jewelry  2- Balance Exercise	22 Gametime: Jeopardy	23 10:15 Yoga Seniors Lunch & Meeting Reservations 334-5713	24  10-Bingo  Line Dance w/ Will
27 Trip: Batavia Downs  11:30 Dietician Talk w/ Cindy 12:30 Living Healthy w/Diabetes Class Line Dance w/ Jerry	28 Crafts: Friendship magnet 1-Hiking Group- Isaac Gordon Park  2- Balance Exercise	29 Gametime: TBA  Euchre Tournament	30 10:15 Yoga	31 Chinese New Year   Line Dance w/ Bob