

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
2 HAPPY NEW YEAR CENTER CLOSED	3 9:00 Zumba Gold 9:30 Art/Needlework/Lunch Bunch 11:30 Lunch and Learn 12:30 Bridge/Canasta 1:00 Bingo 5:00 Gymnastics 6:00/7:00 Ballroom Dancing 6:00 Beg. Gymnastics 6:45 Gymnastics 7:45 Private Gymnastics	4 9:00 Senior Fitness/Low Impact 10:15 Mom & Tots 12:30 Bridge 1:00 Bingo 5:00 Boot Camp 6:30 Aerobics 7:30 Yoga	5 9:00 Pilates 10:00 Knitting 12:00 Bridge 1:00 Euchre 5:15 Priv. Gymnastics 5:30/7:00 Karate 6:00 Circuit Training 7:00 Gymnastics	6 9:00 Zumba Gold 9:00 Bridge 1:00 Pinochle	<p>Health Screenings: <i>Blood Pressure Checks and Hearing Checks on the first Wednesday of each month, 11:30-12:30 by Cypress Pointe and Premier Hearing Center. No charge.</i></p> <p>Jan. 3 – You can start making <i>Tax Appointments for February 7 – April 12.</i></p> <p>Jan. 3 – Lunch and Learn, 11:30 a.m. <i>Reservations required. Sign up on bulletin board.</i></p> <p>Jan.5 – Karate begins new session at 5:30 p.m.</p> <p>Jan. 11 – Self Defense Class begins, 6 p.m. <i>Call Doug at 608-1913.</i></p> <p>Jan. 12 – Jewelry Classes begin at 1:00 p.m. <i>Call Bryna at 890-8913 to register.</i></p> <p><i>It's time to get in shape – try Senior Fitness, Aerobics, Zumba Gold, Pilates, Aerobic Circuit Training, or Boot Camp. Then try Yoga to relax! For fun and exercise, Ballroom Dancing might just be for you!</i></p>
9 9:00 Senior Fitness/Low Impact 11:00 Line Dancing 1:00 Euchre 5:00 Boot Camp 6:00 Pilates 6:30 Aerobics	10 9:00 Zumba Gold 9:30 Art/Needlework/Lunch Bunch 12:30 Bridge /Canasta 1:00 Bingo 5:00 Gymnastics 6:00/7:00 Ballroom Dancing 6:00 Beg. Gymnastics 6:45 Gymnastics 7:45 Private Gymnastics	11 9:00 Senior Fitness/Low Impact 9:00 Sinclair Painting Class 10:15 Mom & Tots 1:00 Bingo 5:00 Boot Camp 6:00 Self Defense 6:30 Aerobics 7:30 Yoga	12 9:00 Pilates 10:00 Knitting 12:00 Bridge 1:00 Euchre 1:00 Jewelry Class 5:15 Priv. Gymnastics 5:30/7:00 Karate 6:00 Circuit Training 7:00 Gymnastics	13 9:00 Zumba Gold 12 Noon Englewood Senior Citizens, Inc. Carry-in Luncheon . Bring a dish to share, chicken provided. \$1.00 at the door. Bingo 1:00 Pinochle	
16 MARTIN LUTHER KING DAY CENTER CLOSED	17 9:00 Zumba Gold 9:30 Art/Needlework /Lunch Bunch 12:30 Bridge /Canasta 1:00 Bingo 4:00 Childhood Immunization Gov.Ctr 5:00 Gymnastics 6:00/7:00 Ballroom Dancing 6:00 Beg. Gymnastics 6:45 Gymnastics 7:45 Private Gymnastics	18 9:00 Senior Fitness/Low Impact 9:00 Sinclair Painting Class 10:15 Mom & Tots 12:30 Bridge 1:00 Bingo 5:00 Boot Camp 6:00 Self Defense 6:30 Aerobics 7:30 Yoga	19 9:00 Pilates 10:00 Knitting 12:00 Bridge 1:00 Euchre 1:00 Jewelry Class 5:15 Priv. Gymnastics 5:30/7:00 Karate 6:00 Circuit Training 7:00 Gymnastics	20 9:00 Zumba Gold 9:00 Bridge 1:00 Bridge 1:00 Pinochle	
23 9:00 Senior Fitness/Low Impact 11:00 Line Dancing 1:00 Euchre 5:00 Boot Camp 6:00 Pilates 6:30 Aerobics	24 9:00 Zumba Gold 9:30 Art/Needlework/Lunch Bunch 12:30 Bridge/Canasta 1:00 Bingo 5:00 Gymnastics 6:00/7:00 Ballroom Dancing 6:00 Beg. Gymnastics 6:45 Gymnastics 7:45 Private Gymnastics	25 9:00 Senior Fitness/Low Impact 9:00 Sinclair Painting Class 10:15 Mom & Tots 1:00 Bingo 5:00 Boot Camp 6:00 Self Defense 6:30 Aerobics 7:30 Yoga	26 9:00 Pilates 10:00 Knitting 12:00 Bridge 1:00 Euchre 1:00 Jewelry Class 5:15 Priv. Gymnastics 5:30/7:00 Karate 6:00 Circuit Training 7:00 Gymnastics	27 9:00 Zumba Gold 12 Noon Englewood Senior Citizens, Inc. Brown Bag Lunch. Desserts provided by Brookhaven. Bingo 1:00 Pinochle	
30 9:00 Senior Fitness/Low Impact 11:00 Line Dancing 1:00 Euchre 5:00 Boot Camp 6:00 Pilates 6:30 Aerobics	31 9:00 Zumba Gold 9:30 Art/Needlework/Lunch Bunch 12:30 Bridge/Canasta 1:00 Bingo 5:00 Gymnastics 6:00/7:00 Ballroom Dancing 6:00 Beg. Gymnastics 6:45 Gymnastics 7:45 Private Gymnastics				