

# January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <b><u>Center Closed</u></b>  <b>New Year's Day!</b>	2) 9:30- Line Dancing 11:30- AARP Coupons <b>12:15 Swim at Parker</b> 12- Pioneers New Officer Installation Lunch 1- Pioneers Meeting	3 9- Wood Carvers 10- Exercise Video 12:30- NBC Social	4) <b>9:30-VNA Blood Pressure</b> 9:30- Senior Swim at HS 10- Exercise with Donna 10:30- Barber 11- Scrabble Match	5
6	7 <b>9- Zumba/9:30- Yoga \$1</b> 9:30- Senior Swim at HS 10- Primetime fitness 1 1- AARP Meeting	8 9- Walkers 9:30- Healthy Bones 12:30- Healthy Bones 1- Crochet Club	9 8:45- AARP to AC 9:30- Line Dancing <b>12:15 Swim at Parker</b> 12:30- Pioneers Social	10 9- Wood Carvers 10- Exercise Video 12:30- NBC Social	11) 10- Exercise with Donna 9:30- Senior Swim at HS 10:30- Barber 11- Scrabble Match <b>11:15- Health &amp; Wellness Program</b> <b>FREE "Portion Distortion" lecture</b> <b>followed by Healthy LUNCH</b>	12
13	14 <b>9- Zumba/9:30- Yoga \$1</b> 9:30- Senior Swim at HS 10- Primetime fitness 1 12:30- AARP Social	15 9- Walkers 9:30- Healthy Bones 12:30- Healthy Bones 1- Crochet Club	16) 9:30- Line Dancing 10- Friends Meeting <b>12:15 Swim at Parker</b> <b>12- Pioneers Ex. Board Meeting</b> 1- Pioneers Meeting	17 9- Wood Carvers 10- Exercise Video 12- NBC Board Mtg 12:30- NBC Meeting	18) 9:30- Senior Swim at HS 10- Exercise with Donna 10:30- Barber 11- Scrabble Match <b>11:15- Health &amp; Wellness Program</b> <b>FREE! FITNESS SOLUTIONS</b> <b>Balance Program &amp; lecture,</b> <b>LUNCH</b>	19
20	21 <b><u>Center Closed</u></b>  <b>Martin Luther King, Jr. Day</b>	22 9- Walkers 9:30- Healthy Bones 12:30- Healthy Bones 1- Crochet Club	23 9:30- Line Dancing <b>12:15 Swim at Parker</b> 12:30- Pioneers Social	24 9- Wood Carvers 10- Exercise Video 12:30- NBC Social	25) <b>9:30- Podiatrist</b> 9:30- Senior Swim at HS 10- Exercise with Donna 10:30- Barber 11- Scrabble Match <b>12- Light lunch, Cocoa &amp; Cookies</b>	26
27	28 <b>9- Zumba/9:30- Yoga \$1</b> 9:30- Senior Swim at HS 10- Primetime fitness 1 10:30- AARP Board Mtg <b>12:30- Center Bingo</b>	29 9- Walkers 9:30- Healthy Bones 12:30- Healthy Bones 1- Crochet Club	30 9:30- Line Dancing <b>12:15 Swim at Parker</b> 12:30- Pioneers Social	31 9- Wood Carvers 10- Exercise Video 12:30- NBC Social		