

February 2019



All senior classes and clubs are donation based for anyone 55 years and older

Jay Community Center

115 E Water Street Portland, IN

JayCC.org • (260)726-6477

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FRIDAY

Senior Fit Mix 8:30
Judy & Sharons
Cardio Class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

4

MONDAY

Strength & Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 4:30pm

LifeStream Lunch 11:00

5

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00

LifeStream Lunch 11:30

6

WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
LifeStream Lunch 11:30
Senior Spin 3:30pm
Woodcarving 6:00 pm
Craft Club 1-2

7

THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00

LifeStream Lunch 11:30
Yago w/Paul 2:30
Card Club 1:00

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FRIDAY

Senior Fit Mix 8:30
Senior Cardio Class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

February 12th-28th →

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MONDAY

Strength& Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 3:30pm
LifeStream Lunch 11:30

12

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
LifeStream Lunch 11:30

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WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Pickleball/PingPong 9-12
LifeStream Lunch 11:30
Senior Spin 3:30pm
Woodcarving 6:00 pm

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00

Yoga w/ Paul 2:30
LifeStream Lunch 11:30

15

FRIDAY

Senior Fit Mix 8:30
Judy & Sharon's
Cardio Class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

18

MONDAY

Strength& Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 3:30pm
LifeStream Lunch 11:30

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TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
LifeStream Lunch 11:30

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WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
LifeStream Lunch 11:00

Craft Club 1-2
Senior Spin 3:30pm
Woodcarving 6:00 pm

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
Yoga w/ Paul 2:30
LifeStream Lunch 11:30

Card Club 1:00

22

FRIDAY

Senior Fit Mix 8:30
Judy and Sharon's
Cardio Class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

Movie Night @ 6
"Valentine's Day"

25

MONDAY

Strength& Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 3:30pm
LifeStream Lunch 11:30

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TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
LifeStream Lunch 11:30

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WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
LifeStream Lunch 11:30

Senior Spin 3:30pm
Woodcarving 6:00 pm

28

THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
Yoga w/ Paul 2:30

LifeStream Lunch 11:30