

# February 2020




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

<p><b>3</b></p> <p><b><u>MONDAY</u></b></p> <p>Strength &amp; Flex 8:30 Sarah's Class 10:00 Ping pong 9 -12 pm Pickleball 9-12 pm Senior Spin 3:30pm</p> <p>LifeStream Lunch 11:00</p>	<p><b>4</b></p> <p><b><u>TUESDAY</u></b></p> <p>SilverSneakers Classic 10:00 Woodcarving 10 am Knitting 10 am Pickleball 9:00-12:00</p> <p>LifeStream Lunch 11:30</p>	<p><b>5</b></p> <p><b><u>WEDNESDAY</u></b></p> <p>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</p>	<p><b>6</b></p> <p><b><u>THURSDAY</u></b></p> <p>SilverSneakers Classic 10:00 Pickleball 9:00-12:00</p> <p>LifeStream Lunch 11:30</p>	<p><b>7</b></p> <p><b><u>FRIDAY</u></b></p> <p>Senior Fit Mix 8:30 Senior Cardio Class 10 Ping pong 9 -12 pm Pickleball 9-12 pm</p>
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**February 10th-28th** 

**10**  
**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

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

**12**  
**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

**13**  
**THURSDAY**  
SilverSneakers  
Classic 10:00  
Pickleball 9:00-12:00  
Yoga w/ Paul 2:30  
  
LifeStream Lunch 11:30

**14**  
**FRIDAY**  
Senior Fit Mix 8:30  
Judy & Sharon's  
Cardio Class 10  
Ping pong 9 -12 pm  
Pickleball 9-12 pm  
  


**17**  
**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

**18**  
**TUESDAY**  
SilverSneakers  
Classic 10:00  
Woodcarving 10 am  
Knitting 10 am  
Pickleball 9:00-12:00  
  
LifeStream Lunch 11:30

**19**  
**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

**22**  
**THURSDAY**  
SilverSneakers  
Classic 10:00  
Pickleball 9:00-12:00  
  
LifeStream Lunch 11:30  
Card Club 1:00

**23**  
**FRIDAY**  
Senior Fit Mix 8:30  
Judy and Sharon's  
Cardio Class 10  
Ping pong 9 -12 pm  
Pickleball 9-12 pm

**24**  
**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

**25**  
**TUESDAY**  
SilverSneakers  
Classic 10:00  
Woodcarving 10 am  
Knitting 10 am  
Pickleball 9:00-12:00  
  
LifeStream Lunch 11:30

**26**  
**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

**27**  
**THURSDAY**  
SilverSneakers  
Classic 10:00  
Pickleball 9:00-12:00  
  
LifeStream Lunch 11:30

**28**  
**FRIDAY**  
Senior Fit Mix 8:30  
Judy and Sharon's  
Cardio Class 10  
Ping pong 9 -12 pm  
Pickleball 9-12 pm