



# JANUARY

## 2018

<p>1</p> <p><b><u>MONDAY</u></b></p> <p><b>CLOSED</b></p> 	<p>2</p> <p><b><u>TUESDAY</u></b></p> <p>SilverSneakers Classic 10:00 Woodcarving 10 am Knitting 10 am Pickleball 9:00-12:00 Senior Spin 4:00 LifeStream Lunch 11:30</p>	<p>3</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 Craft Club 1:00 LifeStream Lunch 11:30 Woodcarving 6:00 pm</p>	<p>4</p> <p><b><u>THURSDAY</u></b></p> <p>SilverSneakers Classic 10:00 Pickleball 9:00-12:00 Senior Spin 4:00 Yin Yoga 2:00 Card Club 1:00 LifeStream Lunch 11:30</p>	<p>5</p> <p><b><u>FRIDAY</u></b></p> <p>Senior Fit Mix 8:30 Senior Class 10 Ping pong 9 -12 pm Pickleball 9-12 pm</p>
<p>8</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 4:00 LifeStream Lunch 11:30</p>	<p>9</p> <p><b><u>TUESDAY</u></b></p> <p>SilverSneakers Classic 10:00 Woodcarving 10 am Knitting 10 am Pickleball 9:00-12:00 State of Heart Hospice Trivia and Food 11am Dot (ItalyPictures) 1-2pm Senior Spin 4:00 LifeStream Lunch 11:30</p>	<p>10</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 Woodcarving 6:00 pm</p>	<p>11</p> <p><b><u>THURSDAY</u></b></p> <p>SilverSneakers Classic 10:00 Pickleball 9:00-12:00 Senior Spin 4:00 Yin Yoga 2:00 LifeStream Lunch 11:30</p>	<p>12</p> <p><b><u>FRIDAY</u></b></p> <p>Senior Fit Mix 8:30 Senior Class 10 Ping pong 9 -12 pm Pickleball 9-12 pm</p>

**January 15th-31st** →

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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 4:00  
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  
Annette Alexander  
presentation snacks  
provided 2-3pm  
Senior Spin 4:00

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**WEDNESDAY**

Boot Camp 8:30am  
Sarah's Class 10:00  
Pickleball/PingPong 9-12  
LifeStream Lunch 11:30  
Craft Club 1-2  
Woodcarving 6:00 pm

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**THURSDAY**

SilverSneakers  
Classic 10:00  
Pickleball 9:00-12:00  
Card Club 1:00-3:30  
Senior Spin 4:00  
Yin Yoga 2:00  
LifeStream Lunch 11:30  
Annette Alexander  
presentation snacks  
provided 6:30-7:30pm

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**FRIDAY**

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

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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 4:00  
LifeStream Lunch 11:30

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**TUESDAY**

SilverSneakers  
Classic 10:00  
Woodcarving 10 am  
Knitting 10 am  
Pickleball 9:00-12:00  
Senior Spin 4:00  
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  
Woodcarving 6:00 pm

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**THURSDAY**

SilverSneakers  
Classic 10:00  
Pickleball 9:00-12:00  
Senior Spin 4:00  
Yin Yoga 2:00  
LifeStream Lunch 11:30

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**FRIDAY**

Senior Fit Mix 8:30  
Senior class 10  
Ping pong 9 -12 pm  
Pickleball 9-12 pm  
Senior Movie Night  
"The Book of Henry"  
6:00pm

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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 4:00  
LifeStream Lunch 11:30

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**TUESDAY**

SilverSneakers  
Classic 10:00  
Woodcarving 10 am  
Knitting 10 am  
Pickleball 9:00-12:00  
Senior Spin 4:00  
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  
Woodcarving 6:00 pm