
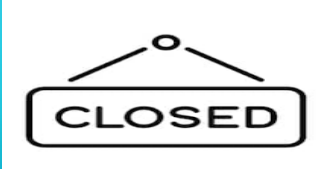




# JANUARY

## 2019

<p>1 <b><u>TUESDAY</u></b></p> 	<p>2 <b><u>WEDNESDAY</u></b></p> 	<p>3 <b><u>THURSDAY</u></b></p> <p>SilverSneakers Classic 10:00 Pickleball 9:00-12:00 LifeStream Lunch 11:30 Card Club 1:00</p>	<p>4 <b><u>FRIDAY</u></b></p> <p>Senior Fit Mix 8:30 Judy and Sharon's Cardio Class 10 Ping pong 9 -12 pm Pickleball 9-12 pm</p>
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<p>7 <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>8 <b><u>TUESDAY</u></b></p> <p>SilverSneakers Classic 10:00 Woodcarving 10 am Knitting 10 am Pickleball 9:00-12:00 LifeStream Lunch 11:30</p>	<p>9 <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 Senior Spin 3:30 LifeStream Lunch 11:30 Woodcarving 6:00 pm</p>	<p>10 <b><u>THURSDAY</u></b></p> <p>SilverSneakers Classic 10:00 Pickleball 9:00-12:00 LifeStream Lunch 11:30</p>	<p>11 <b><u>FRIDAY</u></b></p> <p>Senior Fit Mix 8:30 Judy &amp; Sharon's Cardio Class 10 Ping pong 9 -12 pm Pickleball 9-12 pm</p>
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**January 15th-31st**



14

MONDAY

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

15

TUESDAY

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

16

WEDNESDAY

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

19

THURSDAY

SilverSneakers  
Classic 10:00  
Pickleball 9:00-12:00  
  
LifeStream Lunch 11:30  
Card Club 1:00-3:30

20

FRIDAY

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

21

MONDAY

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

22

TUESDAY

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

23

WEDNESDAY

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

24

THURSDAY

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

25

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  
"Air Strike"

28

MONDAY

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

29

TUESDAY

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

30

WEDNESDAY

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

31

THURSDAY

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