



January

2020

1

WEDNESDAY



2

THURSDAY

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

LifeStream Lunch 11:30
Card Club 1:00

3

FRIDAY

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

6

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
Senior Get Fit Starts

7

TUESDAY

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

LifeStream Lunch 11:30

8

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

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THURSDAY

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

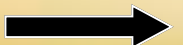
LifeStream Lunch 11:30

10

FRIDAY

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

January 13th-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 3:30

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

15

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

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THURSDAY

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

LifeStream Lunch 11:30

Card Club 1:00-3:30

17

FRIDAY

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

20

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

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TUESDAY

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

LifeStream Lunch 11:30

22

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

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THURSDAY

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

LifeStream Lunch 11:30

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FRIDAY

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

27

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

28

TUESDAY

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

LifeStream Lunch 11:30

29

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

30

THURSDAY

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

LifeStream Lunch 11:30

31

FRIDAY

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