



# JANUARY 2018

Monday

Tuesday

Wednesday

Thursday

Friday

**1**

**CLOSED TODAY...  
HAPPY 2018  
TO ALL!**

**2**

**CLOSED TODAY...  
WE WILL  
REOPEN AT  
8 A.M.  
WEDNESDAY...**

**3**

8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Yoga w/Dixie of Recover Health  
9:00 am Open Novice Dup. Bridge Game  
9:30 am Painting Class  
10:00 am Chess Group  
10:00 am Sexy & Fit after 40  
10:30 am Talk Show  
"Protect Yourself Against Identity Theft"  
Lori Scott, Center for Siouxland  
10:30 am Guitar Practice  
11:00 am Ballet Exercise & Jazz  
11:30 am-12:30 pm Lunch  
11:30 am Jam Session  
12:00 pm Choreographed Ballroom  
12:30 pm Scrabble  
1:00 pm Phase 10  
1:00 pm Coloring Corner  
1:00 pm 500  
2:30 pm 1 Mile Walk Warm Up  
3:00 pm Fitness with Kelly, sponsored by  
The Heritage of Northern Hills  
6:00 pm ACBL Duplicate Bridge

**4**

8:00 am Penny Bingo  
9:00 am Yoga  
9:00 am Beginner 2 Line Dance  
10:00 am Beginning Bridge (Howard/  
Ercolini)  
10:00 am Walking off the Pounds  
10:00 am Men's Club  
10:00 am Women's Club  
10:30 am Balance Class w/YMCA Instr.  
11:00 am Advanced Line Dance  
11:30 am-12:30 pm Lunch  
12:30 pm Canasta  
12:30 pm Penny Bingo  
12:30 pm Woodcarving  
1:00 pm ACBL Duplicate Bridge  
1:00 pm Men's & Women's Social Group  
1:00 pm Inter. Line Dance  
1:00 pm Cribbage  
2:00 pm Ping Pong

**5**

8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Mixed Media Art Class/Vivian Miller  
9:30 am Wii Bowling  
9:30 am Fitness w/ Dixie of Recover Health  
9:30 am Women's Pool Shooting Class  
10:00 am Blood Pressures/St. Luke's  
11:30 am-12:30 pm Lunch  
12:00 pm Beginner Tap  
12:00 pm Open Bridge Group  
12:30 pm Open Craft Time  
1:00 pm Open Bridge  
1:00 pm 500  
1:00 pm Friday Dance  
"Country Brew"

**8** ~Grief Support Program 9:30 a.m.-  
8:00 am Scrapbooking  
8:30 am Yoga with Amanda  
8:30 am Exercise Plus 50  
9:30 am Interm. Duplicate Bridge Class  
9:30 am Grief Support Program  
9:30 am Wii Bowling  
9:30 am Tap Class  
9:45 am Review Tai Chi Class  
10:00 am Knitting & Crocheting  
10:00 am Pinky's Music Practice  
11:00 am American Mah Jong  
11:30 am-12:30 pm Lunch  
12:00 pm ACBL Duplicate Bridge  
12:30 pm Woodcarving  
1:00 pm Birthday Party  
Entertainment: **Joey Hartshorn**  
Hosts: Creative Writing  
Volunteer of the Month: **Jeanie Dunbar**  
1:00 pm Ballet Exercise & Jazz  
1:00 pm Pinochle  
2:00 pm Walking Off Pounds  
2:30 pm Fitness with Kelly

**9**

8:00 am Penny Bingo  
8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Senior Yoga  
9:30 am Painting Class  
10:00 am Creative Writing  
10:00 am Walking Off Pounds  
10:15 am Belly Dancing  
10:30 am Crafts with Betty  
10:45 am Beginning Tai Chi Class  
11:30 am-12:30 pm Lunch  
12:15 am Hoopla  
12:30 pm Tap Class  
12:30 pm Penny Bingo  
12:30 pm Pitch  
1:00 pm Mexican Train  
1:00 pm Painting Class  
2:00 pm Ping Pong

**10**

8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Yoga w/Dixie of Recover Health  
9:00 am Open Novice Dup. Bridge Game  
9:30 am Painting Class  
10:00 am Chess Group  
10:00 am Sexy & Fit after 40  
10:30 am Talk Show  
"Interacting with Alzheimer's & Dementia  
Clients"  
Ann Myers, Hospice of Siouxland  
10:30 am Guitar Practice  
11:00 am Ballet Exercise & Jazz  
11:30 am-12:30 pm Lunch  
11:30 am Jam Session  
12:00 pm Choreographed Ballroom  
12:30 pm Scrabble  
1:00 pm Phase 10  
1:00 pm Coloring Corner  
1:00 pm 500  
2:30 pm 1 Mile Walk Warm Up  
3:00 pm Fitness with Kelly, sponsored by  
The Heritage of Northern Hills  
6:00 pm ACBL Duplicate Bridge

**11**

8:00 am Penny Bingo  
9:00 am Yoga  
9:00 am Beginner 2 Line Dance  
10:00 am Beginning Bridge (Howard/  
Ercolini)  
10:00 am Walking off the Pounds  
10:00 am Men's Club  
10:00 am Women's Club  
10:30 am Balance Class w/YMCA Instr.  
11:00 am Advanced Line Dance  
11:30 am-12:30 pm Lunch  
12:30 pm Canasta  
12:30 pm Penny Bingo  
12:30 pm Woodcarving  
1:00 pm ACBL Duplicate Bridge  
1:00 pm Men's & Women's Social Group  
1:00 pm Inter. Line Dance  
1:00 pm Cribbage  
2:00 pm Ping Pong

**12**

8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Mixed Media Art Class/Vivian Miller  
9:30 am Wii Bowling  
9:30 am Fitness w/ Dixie of Recover Health  
9:30 am Women's Pool Shooting Class  
10:00 am Blood Pressures/Mercy  
11:30 am-12:30 pm Lunch  
12:00 pm Beginner Tap  
12:00 pm Open Bridge Group  
12:30 pm Open Craft Time  
1:00 pm Open Bridge  
1:00 pm 500  
1:00 pm Friday Dance  
"Shirley's Big Band"  
**FREE DANCE...**  
Sponsored by Briar Cliff University

**15**

8:00 am Scrapbooking  
8:30 am Yoga with Amanda  
8:30 am Exercise Plus 50  
9:30 am Interm. Duplicate Bridge Class  
9:30 am Wii Bowling  
9:30 am Tap Class  
9:45 am Review Tai Chi Class  
10:00 am Knitting & Crocheting  
10:00 am Pinky's Music Practice  
11:00 am American Mah Jong  
11:30 am-12:30 pm Lunch  
12:00 pm ACBL Duplicate Bridge  
12:30 pm Woodcarving  
12:30 pm Ballroom Lessons  
12:30 pm Movie  
"The Wedding Planner"  
1:00 pm Ballet Exercise & Jazz  
1:00 pm Pinochle  
2:00 pm Walking Off Pounds  
2:30 pm Fitness with Kelly

**16**

8:00 am Penny Bingo  
8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Senior Yoga  
9:30 am Painting Class  
10:00 am Creative Writing  
10:00 am Walking Off Pounds  
10:15 am Belly Dancing  
10:45 am Beginning Tai Chi Class  
11:30 am-12:30 pm Lunch  
12:15 am Hoopla  
12:30 pm Tap Class  
12:30 pm Penny Bingo  
12:30 pm Pitch  
1:00 pm Mexican Train  
1:00 pm Painting Class  
2:00 pm Ping Pong

**17** ~8 Ball Open Tournament 9 a.m.-  
8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Yoga w/Dixie of Recover Health  
9:00 am Open Novice Dup. Bridge Game  
9:30 am Painting Class  
10:00 am Chess Group  
10:00 am Sexy & Fit after 40  
10:30 am Talk Show  
"American's w/Disabilities Act; Community  
Members' Rights & Businesses' Obligations"  
-Kathryn Hayden, Asst. U.S. Attorney, Northern  
District of IA  
10:30 am Guitar Practice  
10:30 am Ballet Exercise & Jazz  
11:30 am-12:30 pm Lunch  
11:30 am Jam Session  
12:00 pm Choreographed Ballroom  
12:30 pm Scrabble  
1:00 pm Phase 10  
1:00 pm Coloring Corner  
1:00 pm 500  
2:30 pm 1 Mile Walk Warm Up  
3:00 pm Fitness with Kelly, sponsored by  
The Heritage of Northern Hills  
6:00 pm ACBL Duplicate Bridge

**18**

8:00 am Penny Bingo  
9:00 am Yoga  
9:00 am Beginner 2 Line Dance  
10:00 am Beginning Bridge (Howard/  
Ercolini)  
10:00 am Walking off the Pounds  
10:00 am Men's Club  
10:00 am Women's Club  
10:30 am Balance Class w/YMCA Instr.  
11:00 am Advanced Line Dance  
11:30 am-12:30 pm Lunch  
12:30 pm Canasta  
12:30 pm Penny Bingo  
12:30 pm Woodcarving  
1:00 pm ACBL Duplicate Bridge  
1:00 pm Men's & Women's Social Group  
1:00 pm Inter. Line Dance  
1:00 pm Cribbage  
2:00 pm Ping Pong

**19**

8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Mixed Media Art Class/Vivian Miller  
9:30 am Wii Bowling  
9:30 am Fitness w/ Dixie of Recover Health  
9:30 am Women's Pool Shooting Class  
10:00 am Blood Pressures/St. Luke's  
11:30 am-12:30 pm Lunch  
12:00 pm Beginner Tap  
12:00 pm Open Bridge Group  
12:30 pm Open Craft Time  
1:00 pm Open Bridge  
1:00 pm 500  
1:00 pm Friday Dance  
"Jerry O'Dell & His Country Flavor Band"

**22**

8:00 am Scrapbooking  
8:30 am Yoga with Amanda  
8:30 am Exercise Plus 50  
9:30 am Interm. Duplicate Bridge Class  
9:30 am Wii Bowling  
9:30 am Tap Class  
9:45 am Review Tai Chi Class  
10:00 am Knitting & Crocheting  
10:00 am Pinky's Music Practice  
11:00 am American Mah Jong  
11:30 am-12:30 pm Lunch  
12:00 pm ACBL Duplicate Bridge  
12:30 pm Woodcarving  
12:30 pm Ballroom Lessons  
12:30 pm Movie  
"Little Miss Sunshine"  
1:00 pm Ballet Exercise & Jazz  
1:00 pm Pinochle  
2:00 pm Walking Off Pounds  
2:30 pm Fitness with Kelly

**23**

8:00 am Penny Bingo  
8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Senior Yoga  
9:30 am Painting Class  
10:00 am Creative Writing  
10:00 am Walking Off Pounds  
10:15 am Belly Dancing  
10:30 am Crafts with Betty  
10:45 am Beginning Tai Chi Class  
11:30 am-12:30 pm Lunch  
12:15 am Hoopla  
12:30 pm Tap Class  
12:30 pm Penny Bingo  
12:30 pm Pitch  
1:00 pm Mexican Train  
1:00 pm Painting Class  
2:00 pm Ping Pong

**24**

8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Yoga w/Dixie of Recover Health  
9:00 am Open Novice Dup. Bridge Game  
9:30 am Painting Class  
10:00 am Chess Group  
10:00 am Sexy & Fit after 40  
10:30 am Talk Show  
"Come Feel What You've Been Missing with the  
Sioux City Symphony"  
~Travis Morgan, CEO, Sioux City Symphony  
10:30 am Guitar Practice  
11:00 am Ballet Exercise & Jazz  
11:30 am-12:30 pm Lunch  
11:30 am Jam Session  
12:00 pm Choreographed Ballroom  
12:30 pm Scrabble  
1:00 pm Phase 10  
1:00 pm Coloring Corner  
1:00 pm 500  
2:30 pm 1 Mile Walk Warm Up  
3:00 pm Fitness with Kelly, sponsored by  
The Heritage of Northern Hills  
6:00 pm ACBL Duplicate Bridge

**25**

8:00 am Penny Bingo  
9:00 am Yoga  
9:00 am Beginner 2 Line Dance  
10:00 am Beginning Bridge (Howard/  
Ercolini)  
10:00 am Walking off the Pounds  
10:00 am Men's Club  
10:00 am Women's Club  
10:30 am Balance Class w/YMCA Instr.  
11:00 am Advanced Line Dance  
11:30 am-12:30 pm Lunch  
12:30 pm Canasta  
12:30 pm Penny Bingo  
12:30 pm Woodcarving  
1:00 pm ACBL Duplicate Bridge  
1:00 pm Men's & Women's Social Group  
1:00 pm Inter. Line Dance  
1:00 pm Cribbage  
2:00 pm Ping Pong

**26**

8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Mixed Media Art Class/Vivian Miller  
9:30 am Wii Bowling  
9:30 am Fitness w/ Dixie of Recover Health  
9:30 am Women's Pool Shooting Class  
10:00 am Blood Pressures/Mercy  
11:30 am-12:30 pm Lunch  
12:00 pm Beginner Tap  
12:00 pm Open Bridge Group  
12:30 pm Open Craft Time  
1:00 pm Open Bridge  
1:00 pm 500  
1:00 pm Friday Dance  
"Shirley's Big Band"  
**FREE DANCE...**  
Sponsored by Sally Kimball,  
in Celebration of Sally's 90th Birthday

**29**

8:00 am Scrapbooking  
8:30 am Yoga with Amanda  
8:30 am Exercise Plus 50  
9:30 am Interm. Duplicate Bridge Class  
9:30 am Wii Bowling  
9:30 am Tap Class  
9:45 am Review Tai Chi Class  
10:00 am Knitting & Crocheting  
10:00 am Pinky's Music Practice  
11:00 am American Mah Jong  
11:30 am-12:30 pm Lunch  
12:00 pm ACBL Duplicate Bridge  
12:30 pm Woodcarving  
12:30 pm Ballroom Lessons  
12:30 pm Movie  
"Notting Hill"  
1:00 pm Ballet Exercise & Jazz  
1:00 pm Pinochle  
2:00 pm Walking Off Pounds  
2:30 pm Fitness with Kelly

**30**

8:00 am Penny Bingo  
8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Senior Yoga  
9:30 am Painting Class  
10:00 am Creative Writing  
10:00 am Walking Off Pounds  
10:15 am Belly Dancing  
10:45 am Beginning Tai Chi Class  
11:30 am-12:30 pm Lunch  
12:15 am Hoopla  
12:30 pm Tap Class  
12:30 pm Penny Bingo  
12:30 pm Pitch  
1:00 pm Mexican Train  
1:00 pm Painting Class  
2:00 pm Ping Pong

**31**

8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Yoga w/Dixie of Recover Health  
9:00 am Open Novice Dup. Bridge Game  
9:30 am Painting Class  
10:00 am Chess Group  
10:00 am Sexy & Fit after 40  
10:30 am Talk Show  
"What to Expect When Buying or Selling Real  
Estate"  
~Rachel Carlson, United Real Estate Agent  
10:30 am Guitar Practice  
11:00 am Ballet Exercise & Jazz  
11:30 am-12:30 pm Lunch  
11:30 am Jam Session  
12:00 pm Choreographed Ballroom  
12:30 pm Scrabble  
1:00 pm Phase 10  
1:00 pm Coloring Corner  
1:00 pm 500  
2:30 pm 1 Mile Walk Warm Up  
3:00 pm Fitness with Kelly, sponsored by  
The Heritage of Northern Hills  
6:00 pm ACBL Duplicate Bridge

**January Opportunities Health/Fun:**  
Jan. 1 & 2..Closed  
Jan. 8...Grief Support Program  
Jan. 8...Jan. Birthday Party  
Jan. 9, 10, 11, 12...Briar Cliff University Nursing  
Students assisting in Fitness Room; available to  
answer questions 8:15-11:30 a.m.  
Jan. 12...FREE dance sponsored by Briar Cliff  
University  
Jan. 17...Pool Tournament sponsored by Family  
Health Care of Siouxland & Dr. Danner;  
Pre-register in the Pool Room  
Jan. 26...FREE dance sponsored by Sally  
Kimball in celebration of her 90th birthday  
**\*Schedule Computer Classes; days/time vary**

**YMCA Enhance Fitness Classes  
are now open to all...  
Members pay \$1 per class, while  
the public pays \$3 per class.  
This fee pays the Instructor cost.  
Spread the word and invite  
friends to join you,  
Tuesdays, Wednesdays  
& Fridays, 8:30 a.m.-9:30 a.m.,  
in the Multi-Purpose Room.**