

## Monday

## Tuesday

## Friday

**4**  
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 Open Guitar 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 **Movie "The Poseidon Adventure"**  
1:00 pm Ballet Exercise & Jazz  
1:00 pm Pinochle  
2:00 pm Walking Off Pounds  
2:30 pm Fitness with Kelly  
4:00 pm-? Open -Card/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.  
4:30 - 8:00 pm Drop in Programming (watch Center postings for new programming)  
4:30 - 8:00 pm Drop in Programming

**5**  
8:00 am Penny Bingo  
8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Senior Yoga  
9:30 am Painting Class  
9:30 am Fitness w/ Dixie from Regency Square  
10:00 am Creative Writing  
10:00 am Walking Off Pounds  
10:00 am Belly Dancing  
10:45 am Beginning Tai Chi Class  
11:30 am-12:30 pm Lunch  
12:30 am Hoopla  
1:00 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  
4:00-8:00 pm Cards- "500"  
6:00- 7:00 pm Ballroom Dance Lessons with Jane  
Suggested \$5.00 a night /\$20.00 monthly donation  
6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate  
6:00- 8:00 pm Wii Bowling  
4:30 - 8:00 pm Drop in Programming

**6** **10:30 a.m. Talk Show "Going Back in Time" With Adams Homestead & Nature Preserve"**  
8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Yoga w/Dixie from Regency Square  
9:00 am Open Novice Dup. Bridge Game  
9:00 am Chorus  
9:30 am Painting Class  
10:00 am Sexy & Fit after 40  
10:00 am Volunteer Open Meeting  
10:30 am Pinky's Jam Session  
11:00 am Ballet Exercise & Jazz  
11:30 am-12:30 pm Lunch  
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 Walking of the Pounds  
3:00 pm Fitness with Kelly  
5:00 pm Exercise with Courtney  
6:00 pm Meditation w/ Courtney  
6:00 pm ACBL Duplicate Bridge  
6:00 -7:30 pm Cooking / Baking with Shannon & Rosie from Touchstone 1st & 3rd Wednesday of the month.  
4:30 - 8:00 pm Drop in Programming

**7**  
8:00 am Penny Bingo  
8:15 am Exercise with Courtney  
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  
11:00 am Elder Law Webinar— Conference Rm Protecting Yourself from Elder Abuse & Financial Exploitation  
11:30 am-12:30 pm Lunch  
12:30 pm Canasta  
12:30 pm Penny Bingo  
12:30 pm Woodcarving  
12:30 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  
3:45 pm Yoga/ Mediation with Courtney  
4:30 - 8:00 pm Drop in Programming  
5:00 pm Exercise with Courtney  
6:00 pm Meditation with Courtney  
6:15-8:00 pm Mixed Media Art (\$10.00)

**1**  
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/ Lee  
9:30 am Women's Pool Shooting Class  
10:00 am Blood Pressures  
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** - weekly drawing for a special table treat  
**Featuring "Burt Heithold"**

**11**  
**9:30 am Grief Support 1:00 pm Birthday Party**  
*Hosted by Chorus Entertainment- Chorus*  
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 Open Guitar 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 Ballet Exercise & Jazz  
1:00 pm Pinochle  
2:00 pm Walking Off Pounds  
2:30 pm Fitness with Kelly  
4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.  
4:30 - 8:00 pm Drop in Programming

**12**  
8:00 am Penny Bingo  
8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Senior Yoga  
9:30 am Fitness w/ Dixie from Regency Square  
9:30 am Painting Class  
10:00 am Creative Writing  
10:00 am Walking Off Pounds  
10:00 am Belly Dancing  
10:45 am Beginning Tai Chi Class  
11:30 am-12:30 pm Lunch  
12:30 am Hoopla  
1:00 pm Penny Bingo  
12:30 pm Pitch  
1:00 pm Mexican Train  
1:00 pm Painting Class  
2:00 pm Ping Pong  
4:00-8:00 pm Cards- "500"  
4:30 - 8:00 pm Drop in Programming  
6:00- 7:00 pm Ballroom Dance Lessons with Jane  
Suggested \$5.00 a night /\$20.00 monthly donation  
6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate  
6:00- 8:00 pm Wii Bowling  
4:30 - 8:00 pm Drop in Programming

**13** **10:30 a.m. Talk Show "Understanding the Difference of Senior Living" With Jeana from The Heritage at Northern Hills.**  
8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Yoga w/Dixie from Regency Square  
9:00 am Chorus  
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 Pinky's Jam Session  
11:00 am Ballet Exercise & Jazz  
11:30 am-12:30 pm Lunch  
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 Walking of the Pounds  
3:00 pm Fitness with Kelly  
5:00 pm Exercise with Courtney  
6:00 pm Meditation w/ Courtney  
6:00 pm ACBL Duplicate Bridge  
4:30 - 8:00 pm Drop in Programming

**14**  
8:00 am Penny Bingo  
8:15 am Exercise with Courtney  
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  
12:30 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  
3:45 pm Yoga/ Mediation with Courtney  
4:30 - 8:00 pm Drop in Programming  
5:00 pm Exercise with Courtney  
6:00 pm Meditation with Courtney  
6:15-8:00 pm Mixed Media Art (\$10.00)

**8**  
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/ Lee  
9:30 am Women's Pool Shooting Class  
10:00 am Blood Pressures ( Must Pre-register)  
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** -weekly drawing for a special table treat  
**Featuring "Shirley's Big Band"**  
"Sponsored dance celebrating the marriage of Don and Carol Hughes!"

**18**  
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 Open Guitar 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 Lucky One"**  
1:00 pm Ballet Exercise & Jazz  
1:00 pm Pinochle  
2:00 pm Walking Off Pounds--exercise room  
2:30 pm Fitness with Kelly  
4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.  
4:30 - 8:00 pm Drop in Programming

**19**  
8:00 am Penny Bingo  
8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Senior Yoga  
9:30 am Fitness w/ Dixie from Regency Square  
9:30 am Painting Class  
10:00 am Creative Writing  
10:00 am Walking Off Pounds  
10:00 am Belly Dancing  
10:45 am Beginning Tai Chi Class  
11:30 am-12:30 pm Lunch  
12:30 am Hoopla  
1:00 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  
4:00-8:00 pm Cards- "500"  
4:30 - 8:00 pm Drop in Programming  
6:00- 7:00 pm Ballroom Dance Lessons with Jane  
Suggested \$5.00 a night /\$20.00 monthly donation  
6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate  
6:00-8:00 pm Wii Bowling

**20** **10:30 a.m. Talk & Tour "Koated Kernels" leaving here by 10:10 a.m. or meet us there at 10:30.**  
8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Yoga w/Dixie from Regency Square  
9:00 am Open Novice Dup. Bridge Game  
9:00 am Chorus  
9:30 am Painting Class  
10:00 am Chess Group  
10:00 am Sexy & Fit after 40  
10:30 am Pinky's Jam Session  
11:00 am Ballet Exercise & Jazz  
11:30 am-12:30 pm Lunch  
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 Walking of the Pounds  
3:00 pm Fitness with Kelly  
5:00 pm Exercise with Courtney  
6:00 pm Meditation w/ Courtney  
6:00 pm ACBL Duplicate Bridge  
4:30 - 8:00 pm Drop in Programming

**21**  
8:00 am Penny Bingo  
8:15 am Exercise with Courtney  
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  
12:30 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  
3:45 pm Yoga/ Mediation with Courtney  
4:30 - 8:00 pm Drop in Programming  
5:00 pm Exercise with Courtney  
6:00 pm Meditation with Courtney  
6:15-8:00 pm Mixed Media Art (\$10.00)

**15**  
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/ Lee  
9:30 am Women's Pool Shooting Class  
10:00 am Blood Pressures  
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** - weekly drawing for a special table treat  
**Featuring "Country Flavor Band"**

**25** **1:00 p.m - Parkinson's Support Group**  
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 Open Guitar 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 Day the Earth Stood Still"**  
1:00 pm Ballet Exercise & Jazz  
1:00 pm Pinochle  
2:00 pm Walking Off Pounds--exercise room  
2:30 pm Fitness with Kelly  
4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect.  
5:30 pm- Andrea Wood, MSPT, Astym

**22**  
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/ Lee  
9:30 am Women's Pool Shooting Class  
10:00 am Blood Pressures  
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** - weekly drawing for a special table treat  
**Featuring "Shirley's Big Band"**  
"Sponsored dance celebrating the birthday of Kerwin "Fritz" Meyer!"

**27** **10:30 a.m. Talk & Tour "Movie Theaters Obligation to Provide Closed Movie Captioning & Audio under Title III of the ADA" with Kathryn Hayden, Assistant United States Attorney**  
8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Yoga w/Dixie from Regency Square  
9:00 am Open Novice Dup. Bridge Game  
9:00 am Chorus  
9:30 am Painting Class  
10:00 am Chess Group  
10:00 am Sexy & Fit after 40  
10:30 am Pinky's Jam Session  
11:00 am Ballet Exercise & Jazz  
11:30 am-12:30 pm Lunch  
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 Walking of the Pounds  
3:00 pm Fitness with Kelly  
5:00 pm Exercise with Courtney  
6:00 pm Meditation w/ Courtney  
6:00 pm ACBL Duplicate Bridge  
4:30 - 8:00 pm Drop in Programming

**22**  
8:00 am Penny Bingo  
8:15 am Exercise with Courtney  
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  
12:30 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  
3:45 pm Yoga/ Mediation with Courtney  
4:30 - 8:00 pm Drop in Programming  
5:00 pm Exercise with Courtney  
6:00 pm Meditation with Courtney  
6:15-8:00 pm Mixed Media Art (\$10.00)

**22**  
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/ Lee  
9:30 am Women's Pool Shooting Class  
10:00 am Blood Pressures  
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** - weekly drawing for a special table treat  
**Featuring "Shirley's Big Band"**  
"Sponsored dance celebrating the birthday of Kerwin "Fritz" Meyer!"

**26**  
8:00 am Penny Bingo  
8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Senior Yoga  
9:30 am Fitness w/ Dixie from Regency Square  
9:30 am Painting Class  
10:00 am Creative Writing  
10:00 am Walking Off Pounds  
10:00 am Belly Dancing  
10:45 am Beginning Tai Chi Class  
11:30 am-12:30 pm Lunch  
12:30 am Hoopla  
1:00 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  
4:00-8:00 pm Cards- "500"  
4:30 - 8:00 pm Drop in Programming  
6:00- 7:00 pm Ballroom Dance Lessons with Jane  
Suggested \$5.00 a night /\$20.00 monthly donation  
6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate  
6:00-8:00 pm Wii Bowling

**27** **10:30 a.m. Talk & Tour "Movie Theaters Obligation to Provide Closed Movie Captioning & Audio under Title III of the ADA" with Kathryn Hayden, Assistant United States Attorney**  
8:30 am Enhance Fitness w/YMCA Instr.  
9:00 am Yoga w/Dixie from Regency Square  
9:00 am Open Novice Dup. Bridge Game  
9:00 am Chorus  
9:30 am Painting Class  
10:00 am Chess Group  
10:00 am Sexy & Fit after 40  
10:30 am Pinky's Jam Session  
11:00 am Ballet Exercise & Jazz  
11:30 am-12:30 pm Lunch  
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 Walking of the Pounds  
3:00 pm Fitness with Kelly  
5:00 pm Exercise with Courtney  
6:00 pm Meditation w/ Courtney  
6:00 pm ACBL Duplicate Bridge  
4:30 - 8:00 pm Drop in Programming

**28**  
8:00 am Penny Bingo  
8:15 am Exercise with Courtney  
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  
11:00 am Elder Law Webinar— Conference Rm The Golden Years & Debt  
11:30 am-12:30 pm Lunch  
12:30 pm Canasta  
12:30 pm Penny Bingo  
12:30 pm Woodcarving  
12:30 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  
3:45 pm Yoga/ Mediation with Courtney  
4:30 - 8:00 pm Drop in Programming  
5:00 pm Exercise with Courtney  
6:00 pm Meditation with Courtney  
6:15-8:00 pm Mixed Media Art (\$10.00)

**28**  
8:00 am Penny Bingo  
8:15 am Exercise with Courtney  
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  
11:00 am Elder Law Webinar— Conference Rm The Golden Years & Debt  
11:30 am-12:30 pm Lunch  
12:30 pm Canasta  
12:30 pm Penny Bingo  
12:30 pm Woodcarving  
12:30 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  
3:45 pm Yoga/ Mediation with Courtney  
4:30 - 8:00 pm Drop in Programming  
5:00 pm Exercise with Courtney  
6:00 pm Meditation with Courtney  
6:15-8:00 pm Mixed Media Art (\$10.00)

**29**  
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/ Lee  
9:30 am Women's Pool Shooting Class  
10:00 am Blood Pressures  
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** - weekly drawing for a special table treat  
**Featuring "4 on the Road"**