


Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p style="text-align: center;">Closed-</p> 	<p>2 <i>10:30 a.m. Talk Show with Renee Sweers of ISU Extension Services "Stay Independent, Three Meals a Day" 5 week Session- Jan. 2nd-Jan 30th) Class 1</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:00 am Volunteer Open Meeting 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 1:00 pm ACBL Duplicate Bridge 1:00 pm 500, Coloring Corner, Phase 10 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect. 5:00 pm Belly Dancing Class</p>	<p>3</p> <p>8:00 am Penny Bingo 9:00 am Yoga 9:00 am Medium Beginner Line Dance 9:45 am Beginning Bridge/Advanced Bridge (Howard/Ercolini), 10:00 am Beginner Line Dance 10:00 am Men's Club, Women's Club 10:00 am Walking off the Pounds 11:00 am Balance Class w/YMCA Instr. <u>\$1.00</u> 11:00 am Advanced Line Dance 11:00 am Beginner German 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge, Canasta, Penny Bingo, Woodcarving 1:00 pm Cribbage, Inter. Line Dance, Men's & Women's Social Group 2:00 pm Ping Pong 4:00 pm- Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Etc. 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	<p>4</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Get Fit With Lee 9:30 am Wii Bowling 9:30 am Women's Pool Shooting Class 10:00 am Blood Pressures- St. Lukes (1st) 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 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p style="text-align: center;"><i>Featuring "Jerry Odell's - Country Flavor Band" Free Dance-Sponsored by Gary & Mary Heineman - (Come celebrate Gary's 80th Birthday with him.)</i></p>
<p>7</p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda, Exercise Plus 50 9:30 am Tap Class 9:30 am Wii Bowling 9:45 am Interm. Duplicate Bridge Class 9:45 am Intermediate Tai Chi 10:00 am Knitting & Crocheting 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 Black Stallion" 1:00 pm Jazz Dancercise 1:00 pm Pinochle 2:00 pm Walking Off Pounds 2:30 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games</p>	<p>8 <i>6:00-8:00 p.m. Diabetes Self-Management Workshop (1st class of 6 week series Jan 8th-Feb 12th)</i></p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Beginning Tai Chi Class 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo, Pitch 1:00 pm Mexican Train, Painting Class 1:00 pm Tap 2:00 pm Ping Pong 4:00 pm-? Open -Card Games/Board Games 4:00 pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate</p>	<p>9 <i>10:30 a.m. Talk Show with Renee Sweers of ISU Extension Services "Stay Independent, Feast on Fruits and Vegetables" Class 2</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 1:00 pm ACBL Duplicate Bridge 1:00 pm 500, Coloring Corner, Phase 10 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect. 5:00 pm Belly Dancing Class</p>	<p>10 <i>1:30-3:30 Coffee & Canvas Hosted by Casa De Paz—please sign up at the activities table—limit of 12</i></p> <p>8:00 am Penny Bingo 9:00 am Yoga 9:00 am Medium Beginner Line Dance 9:45 am Beginning Bridge/Advanced Bridge (Howard/Ercolini), 10:00 am Beginner Line Dance 10:00 am Men's Club, Women's Club 10:00 am Walking off the Pounds 11:00 am Balance Class w/YMCA Instr. <u>\$1.00</u> 11:00 am Advanced Line Dance 11:00 am Beginner German 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge, Canasta, Penny Bingo, Woodcarving 1:00 pm Cribbage, Inter. Line Dance, Men's & Women's Social Group 2:00 pm Ping Pong 4:00 pm- Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Etc. 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	<p>11</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am Blood Pressures-Mercy (2nd) 10:00 am Chair Yoga with Kaye 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 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p style="text-align: center;"><i>Featuring "Country Brew" Free Dance-Sponsored by Briar Cliff- (Share a dance with the Service Learning Students.)</i></p>
<p>14 <i>9:30 am Grief Support (2nd Monday of the month)</i></p> <p><i>1:00 pm Birthday Party Hosted by -Creative Writing</i></p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda, Exercise Plus 50 9:30 am Tap Class 9:30 am Wii Bowling 9:45 am Interm. Duplicate Bridge Class 9:45 am Intermediate Tai Chi 10:00 am Knitting & Crocheting 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 Jazz Dancercise 1:00 pm Pinochle 2:00 pm Walking Off Pounds 2:30 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games</p>	<p>15 <i>4:00 p.m. Alzheimer's Support Group (3rd Tuesday of month)</i></p> <p><i>10:00 a.m Balance Builder Workshop by Silver Sneakers</i></p> <p><i>6:00-8:00 p.m. Diabetes Self-Management Workshop (2nd class of 6 week series Jan 8th-Feb 12th)</i></p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga 9:30 am Painting Class 9:30 am Care Initiatives Hospice New Year's Celebration with Deb Poss. 10:00 am Creative Writing 10:45 am Beginning Tai Chi Class 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo, Pitch 1:00 pm Mexican Train, Painting Class 1:00 pm Tap 2:00 pm Ping Pong 4:00 pm-? Open -Card Games/Board Games 4:00 pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate 6:00 pm Touchstone -Taco Turnovers (1st & 3rd Tuesday of month)</p>	<p>16 <i>10:30 a.m. Talk Show with Renee Sweers of ISU Extension Services "Stay Independent, Exercise your Independence" Class 3</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 1:00 pm ACBL Duplicate Bridge 1:00 pm 500, Coloring Corner, Phase 10 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs & Jokers, Ect. 5:00 pm Belly Dancing Class</p>	<p>17</p> <p>8:00 am Penny Bingo 9:00 am Yoga 9:00 am Medium Beginner Line Dance 9:45 am Beginning Bridge/Advanced Bridge (Howard/Ercolini), 10:00 am Beginner Line Dance 10:00 am Men's Club, Women's Club 10:00 am Walking off the Pounds 11:00 am Balance Class w/YMCA Instr. <u>\$1.00</u> 11:00 am Advanced Line Dance 11:00 am Beginner German 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge, Canasta, Penny Bingo, Woodcarving 1:00 pm Cribbage, Inter. Line Dance, Men's & Women's Social Group 2:00 pm Ping Pong 4:00 pm- Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Etc. 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	<p>18</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am Blood Pressures- St. Lukes (3rd) 10:00 am Chair Yoga with Kaye 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 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p style="text-align: center;"><i>Featuring "4 on The Road"</i></p>
<p>21</p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda, Exercise Plus 50 9:30 am Tap Class 9:30 am Wii Bowling 9:45 am Interm. Duplicate Bridge Class 9:45 am Intermediate Tai Chi 10:00 am Knitting & Crocheting 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 "Doc Martin" 1:00 pm Jazz Dancercise 1:00 pm Pinochle 2:00 pm Walking Off Pounds 2:30 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games</p>	<p>22 <i>6:00-8:00 p.m. Diabetes Self-Management Workshop (3rd class of 6 week series Jan 8th-Feb 12th)</i></p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Beginning Tai Chi Class 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo, Pitch 1:00 pm Mexican Train, Painting Class 1:00 pm Tap 2:00 pm Ping Pong 4:00 pm-? Open -Card Games/Board Games 4:00 pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate</p>	<p>23 <i>10:30 a.m. Talk Show with Renee Sweers of ISU Extension Services "Stay Independent, Exercise your Independence" Class 4</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 1:00 pm ACBL Duplicate Bridge 1:00 pm 500, Coloring Corner, Phase 10 1:00 pm Floyd Place Craft Class- Winter Bird Feeders (4th Wednesday) 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games 5:00 pm Belly Dancing Class</p>	<p>24</p> <p>8:00 am Penny Bingo 9:00 am Yoga 9:00 am Medium Beginner Line Dance 9:45 am Beginning Bridge/Advanced Bridge (Howard/Ercolini), 10:00 am Beginner Line Dance 10:00 am Men's Club, Women's Club 10:00 am Walking off the Pounds 11:00 am Balance Class w/YMCA Instr. <u>\$1.00</u> 11:00 am Advanced Line Dance 11:00 am Beginner German 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge, Canasta, Penny Bingo, Woodcarving 1:00 pm Cribbage, Inter. Line Dance, Men's & Women's Social Group 2:00 pm Ping Pong 4:00 pm- Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Etc. 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	<p>25</p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am Blood Pressures-Mercy (4th) 10:00 am Chair Yoga with Kaye 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 500 1:00 pm Friday Dance - weekly drawing for a special table treat</p> <p style="text-align: center;"><i>Featuring "Shirley's Big Band"</i></p>
<p>28 <i>1:00 p.m. Parkinson's Support Group (4th Monday of month)</i></p> <p>8:00 am Scrapbooking 8:30 am Yoga with Amanda, Exercise Plus 50 9:30 am Tap Class 9:30 am Wii Bowling 9:45 am Interm. Duplicate Bridge Class 9:45 am Intermediate Tai Chi 10:00 am Knitting & Crocheting 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 " Sea Biscuit" 1:00 pm Jazz Dancercise 1:00 pm Pinochle 2:00 pm Walking Off Pounds 2:30 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games</p>	<p>29 <i>6:00-8:00 p.m. Diabetes Self-Management Workshop (4th class of 6 week series Jan 8th-Feb 12th)</i></p> <p>8:00 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Senior Yoga 9:30 am Painting Class 10:00 am Creative Writing 10:45 am Beginning Tai Chi Class 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo, Pitch 1:00 pm Mexican Train, Painting Class 1:00 pm Tap 2:00 pm Ping Pong 4:00 pm-? Open -Card Games/Board Games 4:00 pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney 6:00- 8:00 pm Women to the Rescue—Las mujeres al rescate</p>	<p>30 <i>10:30 a.m. Talk Show with Renee Sweers of ISU Extension Services "Stay Independent, Cooking for One or Two" Class 5</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy & Fit after 40 10:30 am Open Jam Session 11:00 am Jazz Dancercise 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 1:00 pm ACBL Duplicate Bridge 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking of the Pounds 3:00 pm Fitness with Kelly 4:00 pm-? Open -Card Games/Board Games 5:00 pm Belly Dancing Class</p>	<p>31</p> <p>8:00 am Penny Bingo 9:00 am Yoga 9:00 am Medium Beginner Line Dance 9:45 am Beginning Bridge/Advanced Bridge (Howard/Ercolini), 10:00 am Beginner Line Dance 10:00 am Men's Club, Women's Club 10:00 am Walking off the Pounds 11:00 am Balance Class w/YMCA Instr. <u>\$1.00</u> 11:00 am Advanced Line Dance 11:00 am Beginner German 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge, Canasta, Penny Bingo, Woodcarving 1:00 pm Cribbage, Inter. Line Dance, Men's & Women's Social Group 2:00 pm Ping Pong 4:00 pm- Open -Card Games/Board Games 4:00 pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength 6:00 pm Yoga/Meditation with Courtney</p>	