

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>1</b></p> <p>1:00 –2:00pm <i>Open Door Time with Pat</i></p> <p>8:30 am Penny Bingo            9:00 am Line Dance-(Intermediate 1)            9:00 am Yoga            9:30 am Duplicate Bridge Class-(Beginner)            9:30 am Duplicate Bridge Class-(Intermediate)            10:00 am Line Dance-(Beginner)            10:00 am Women's Club            11:00 am Line Dance - (Advanced)            11:30 am-12:30 pm Lunch            12:30 pm ACBL Duplicate Bridge Game            12:30 pm Canasta, Penny Bingo            1:00 pm Cribbage            1:00 pm Men's &amp; Women's Social Group            1:00 pm Wood Carving            1:00 pm Line Dance- (Intermediate 2)            2:00 pm Ping Pong            4:00-pm Zumba with Courtney            5:00 pm Exercise with Courtney/ Strength</p>	<p><b>2</b></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 Wii Bowling            9:30 am Get Fit With Lee            9:30 am Women's Pool Shooting Class            10:00 am –11:30 Blood Pressures            10:00 am Chair Yoga with Kaye            11:30 am-12:30 pm Lunch            12:00 pm Open Bridge Group            12:30 pm Open Craft Time            1:00 pm 500            1:00 pm Friday Dance</p> <p><i>Featuring "Jerry O'Dell's Country Flavor Band"</i></p>
<p><b>5</b></p> <p>8:30-12:00 p.m. <i>Health History &amp; Physical Exams with BCU Nurse Practitioners Students</i></p> <p>10:30 –1:30 p.m. <i>Blood Drive with Life Serve</i></p> <p>8:00 am Scrapbooking            8:30 am Exercise Plus 50            8:30 am Yoga with Amanda            9:00 am Mah Jong            9:30 am Duplicate Bridge Class (Intermediate)            9:30 am Tai Chi (Advanced)            9:30 am Wii Bowling            10:00 am Knitting &amp; Crocheting            10:00 am Tap            11:30 am-12:30 pm Lunch            12:30 pm <i>Movie "50 First Dates"</i>            12:30 pm ACBL Duplicate Bridge Game            1:00 pm Jazz Dancercise            1:00 pm Mah Jong            1:00 pm Pinochle            1:00 pm Woodcarving            2:30 pm Walking off the Pounds            3:00 pm Get Fit With Lee</p>	<p><b>6</b></p> <p>3:00 pm <i>Cooking with Shelby "Homemade Peach Ice Cream" (1st &amp; 3rd Tues.) Sign up –limit of 60</i></p> <p>8:30 am Penny Bingo            8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u>            9:00 am Senior Yoga (Tape)            9:30 am Painting Class            10:00 am Creative Writing            10:45 am Tai Chi Class - (Beginning)            11:30 am-12:30 pm Lunch            12:30 pm Penny Bingo            12:30 pm Pitch            12:30 pm Tap            1:00 pm Mexican Train            1:00 pm Painting Class            2:00 pm Ping Pong            3:00 pm Politics with Pat (Our Executive Director)            4:00-pm Balance with Courtney            5:00 pm Exercise with Courtney/ Strength</p>	<p><b>7</b></p> <p>10:30 a.m. <i>Talk Show "Questions and Answers" with Sioux City Council Member—Rhonda Capron</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 Chorus            10:00 am Sexy &amp; 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            12:30 pm ACBL Duplicate Bridge Game            1:00 pm 500            1:00 pm Coloring Corner            1:00 pm Phase 10            2:30 pm Walking off the Pounds            3:00 pm Fitness with Kelly            5:00 pm Belly Dancing Class</p>	<p><b>8</b></p> <p>1:00 –2:00pm <i>Open Door Time with Pat</i></p> <p>8:30 am Penny Bingo            9:00 am Line Dance-(Intermediate 1)            9:00 am Yoga            9:30 am Duplicate Bridge Class-(Beginner)            9:30 am Duplicate Bridge Class-(Intermediate)            10:00 am Line Dance-(Beginner)            10:00 am Women's Club            11:00 am Line Dance - (Advanced)            11:30 am-12:30 pm Lunch            12:30 pm ACBL Duplicate Bridge Game            12:30 pm Canasta, Penny Bingo            1:00 pm Cribbage            1:00 pm Men's &amp; Women's Social Group            1:00 pm Wood Carving            1:00 pm Line Dance- (Intermediate 2)            2:00 pm Ping Pong            4:00-pm Zumba with Courtney            5:00 pm Exercise with Courtney/ Strength</p>	<p><b>9</b></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 Wii Bowling            9:30 am Get Fit With Lee            9:30 am Women's Pool Shooting Class            10:00 am –11:30 Blood Pressures            10:00 am Chair Yoga with Kaye            11:30 am-12:30 pm Lunch            12:00 pm Open Bridge Group            12:30 pm Open Craft Time            1:00 pm 500            1:00 pm Friday Dance</p> <p><i>Featuring "Country Brew"</i></p>
<p><b>12</b></p> <p>9:30 am <i>Grief Support (2nd Monday of the month)</i></p> <p>1:00 pm <i>Birthday Party Hosts: Penny Bingo</i>  <i>Entertainment: Jazz Dancercise</i></p> <p>8:00 am Scrapbooking            8:30 am Exercise Plus 50            8:30 am Yoga with Amanda            9:00 am Mah Jong            9:30 am Duplicate Bridge Class (Intermediate)            9:30 am Tai Chi (Advanced)            9:30 am Wii Bowling            10:00 am Knitting &amp; Crocheting            10:00 am Tap            11:30 am-12:30 pm Lunch            12:30 pm ACBL Duplicate Bridge Game            1:00 pm Jazz Dancercise            1:00 pm Mah Jong            1:00 pm Pinochle            1:00 pm Woodcarving            2:30 pm Walking off the Pounds            2:30 pm <i>Kula Yoga with Samantha Huff from Evolve Yoga</i>            3:00 pm Get Fit With Lee</p>	<p><b>13</b></p> <p>12:30 p.m. <i>Movie Time with Grandparents/Grandchildren "Movie-DUMBO" with Siera from Humana.</i></p> <p>8:30 am Penny Bingo            8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u>            9:00 am Senior Yoga (Tape)            9:30 am Painting Class            10:00 am Creative Writing            10:45 am Tai Chi Class - (Beginning)            11:30 am-12:30 pm Lunch            12:30 pm Penny Bingo            12:30 pm Pitch            12:30 pm Tap            1:00 pm Mexican Train            1:00 pm Painting Class            2:00 pm Ping Pong            3:00 pm Politics with Pat (Our Executive Director)            4:00-pm Balance with Courtney            5:00 pm Exercise with Courtney/ Strength</p>	<p><b>14</b></p> <p>10:30 a.m. <i>Talk Show "Calvary Cemetery History" with—Walt Peterson</i></p> <p>1:00 p.m. <i>Genealogy Class (2nd Wed.)</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 Chorus            10:00 am Sexy &amp; 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            12:30 pm ACBL Duplicate Bridge Game            1:00 pm 500            1:00 pm Coloring Corner            1:00 pm Phase 10            2:30 pm Walking off the Pounds            3:00 pm Fitness with Kelly            5:00 pm Belly Dancing Class</p>	<p><b>15</b></p> <p>1:00 –2:00pm <i>Open Door Time with Pat</i></p> <p>8:30 am Penny Bingo            9:00 am Line Dance-(Intermediate 1)            9:00 am Yoga            9:30 am Duplicate Bridge Class-(Beginner)            9:30 am Duplicate Bridge Class-(Intermediate)            10:00 am Line Dance-(Beginner)            10:00 am Women's Club            11:00 am Line Dance - (Advanced)            11:30 am-12:30 pm Lunch            12:30 pm ACBL Duplicate Bridge Game            12:30 pm Canasta, Penny Bingo            1:00 pm Cribbage            1:00 pm Men's &amp; Women's Social Group            1:00 pm Wood Carving            1:00 pm Line Dance- (Intermediate 2)            2:00 pm Ping Pong            4:00-pm Zumba with Courtney            5:00 pm Exercise with Courtney/ Strength</p>	<p><b>16</b></p> <p>8:30 a.m. <i>Kula Yoga with Samantha Huff from Evolve Yoga</i></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 Wii Bowling            9:30 am Get Fit With Lee            9:30 am Women's Pool Shooting Class            10:00 am –11:30 Blood Pressures            10:00 am Chair Yoga with Kaye            11:30 am-12:30 pm Lunch            12:00 pm Open Bridge Group            12:30 pm Open Craft Time            1:00 pm 500            1:00 pm Friday Dance</p> <p><i>Featuring "Wailin Willies"</i></p>
<p><b>19</b></p> <p>11:45 a.m-12:30 p.m. . <i>"Free Balance Screening with ATI Physical Therapy (3rd Monday)</i></p> <p>8:00 am Scrapbooking            8:30 am Exercise Plus 50            8:30 am Yoga with Amanda            9:00 am Mah Jong            9:30 am Duplicate Bridge Class (Intermediate)            9:30 am Tai Chi (Advanced)            9:30 am Wii Bowling            10:00 am Knitting &amp; Crocheting            10:00 am Tap            11:30 am-12:30 pm Lunch            12:30 pm ACBL Duplicate Bridge Game            1:00 pm Jazz Dancercise            1:00 pm Mah Jong            1:00 pm Pinochle            1:00 pm Woodcarving            2:30 pm Walking off the Pounds            2:30 pm <i>Kula Yoga with Samantha Huff from Evolve Yoga</i>            3:00 pm Get Fit With Lee</p>	<p><b>20</b></p> <p>3:00 pm <i>Cooking with Shelby "Hummus 101" (1st &amp; 3rd Tues.) Sign up –limit of 25</i></p> <p>4:00 p.m. <i>Alzheimer's Support Group (3rd Tuesday of month)</i></p> <p>8:30 am Penny Bingo            8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u>            9:00 am Senior Yoga (Tape)            9:30 am Painting Class            10:00 am Creative Writing            10:45 am Tai Chi Class - (Beginning)            11:30 am-12:30 pm Lunch            12:30 pm Penny Bingo            12:30 pm Pitch            12:30 pm Tap            1:00 pm Mexican Train            1:00 pm Painting Class            2:00 pm Ping Pong            3:00 pm Politics with Pat (Our Executive Director)            4:00-pm Balance with Courtney            5:00 pm Exercise with Courtney/ Strength</p>	<p><b>21</b></p> <p>10:30 a.m. <i>Talk Show "Sioux City Street Names" with Tom Munson from the Sioux City Public Museum</i></p> <p>1:00 p.m. <i>Coffee and Canvas with Casa De Paz Sign up-Limit of 12</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 Chorus            10:00 am Sexy &amp; 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            12:30 pm ACBL Duplicate Bridge Game            1:00 pm 500            1:00 pm Coloring Corner            1:00 pm Phase 10            2:30 pm Walking off the Pounds            3:00 pm Fitness with Kelly            5:00 pm Belly Dancing Class</p>	<p><b>22</b></p> <p>1:00 –2:00pm <i>Open Door Time with Pat</i></p> <p>8:30 am Penny Bingo            9:00 am Line Dance-(Intermediate 1)            9:00 am Yoga            9:30 am Duplicate Bridge Class-(Beginner)            9:30 am Duplicate Bridge Class-(Intermediate)            10:00 am Line Dance-(Beginner)            10:00 am Women's Club            11:00 am Line Dance - (Advanced)            11:30 am-12:30 pm Lunch            12:30 pm ACBL Duplicate Bridge Game            12:30 pm Canasta, Penny Bingo            1:00 pm Cribbage            1:00 pm Men's &amp; Women's Social Group            1:00 pm Wood Carving            1:00 pm Line Dance- (Intermediate 2)            2:00 pm Ping Pong            4:00-pm Zumba with Courtney            5:00 pm Exercise with Courtney/ Strength</p>	<p><b>23</b></p> <p>8:30 a.m. <i>Kula Yoga with Samantha Huff from Evolve Yoga</i></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 Wii Bowling            9:30 am Get Fit With Lee            9:30 am Women's Pool Shooting Class            10:00 am –11:30 Blood Pressures            10:00 am Chair Yoga with Kaye            11:30 am-12:30 pm Lunch            12:00 pm Open Bridge Group            12:30 pm Open Craft Time            1:00 pm 500            1:00 pm Friday Dance</p> <p><i>Featuring "4 On The Road"</i></p>
<p><b>26</b></p> <p>1:00 p.m. – <i>Parkinson's Support Group (4th Monday)</i></p> <p>8:00 am Scrapbooking            8:30 am Exercise Plus 50            8:30 am Yoga with Amanda            9:00 am Mah Jong            9:30 am Duplicate Bridge Class (Intermediate)            9:30 am Tai Chi (Advanced)            9:30 am Wii Bowling            10:00 am Knitting &amp; Crocheting            10:00 am Tap            11:30 am-12:30 pm Lunch            12:30 pm ACBL Duplicate Bridge Game            1:00 pm Jazz Dancercise            1:00 pm Mah Jong            1:00 pm Pinochle            1:00 pm Woodcarving            2:30 pm Walking off the Pounds            2:30 pm <i>Kula Yoga with Samantha Huff from Evolve Yoga</i>            3:00 pm Get Fit With Lee</p>	<p><b>27</b></p> <p>3:00 pm <i>Healthy Cooking with the Y (4th Tuesday) Sign up –limit of 20</i></p> <p>8:30 am Penny Bingo            8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u>            9:00 am Senior Yoga (Tape)            9:30 am Painting Class            10:00 am Creative Writing            10:45 am Tai Chi Class - (Beginning)-            11:30 am-12:30 pm Lunch            12:30 pm Penny Bingo            12:30 pm Pitch            12:30 pm Tap            1:00 pm Mexican Train            1:00 pm Painting Class            2:00 pm Ping Pong            3:00 pm Politics with Pat (Our Executive Director)            4:00-pm Balance with Courtney            5:00 pm Exercise with Courtney/ Strength</p>	<p><b>28</b></p> <p>10:30 a.m. <i>Talk Show "Respiratory Illnesses &amp; the Importance of Vaccinations" with Stephanie Pistor from Meridian Clinical Research</i></p> <p>1:00 p.m. <i>Crafts with Anna "Watermelon Coasters" (4th Wed.) Sign up –limit of 20</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 Chorus            10:00 am Sexy &amp; 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            12:30 pm ACBL Duplicate Bridge Game            1:00 pm 500            1:00 pm Coloring Corner            1:00 pm Phase 10            2:30 pm Walking off the Pounds            3:00 pm Fitness with Kelly            5:00 pm Belly Dancing Class</p>	<p><b>29</b></p> <p>1:00 –2:00pm <i>Open Door Time with Pat</i></p> <p>8:30 am Penny Bingo            9:00 am Line Dance-(Intermediate 1)            9:00 am Yoga            9:30 am Duplicate Bridge Class-(Beginner)            9:30 am Duplicate Bridge Class-(Intermediate)            10:00 am Line Dance-(Beginner)            10:00 am Women's Club            11:00 am Line Dance - (Advanced)            11:30 am-12:30 pm Lunch            12:30 pm ACBL Duplicate Bridge Game            12:30 pm Canasta, Penny Bingo            1:00 pm Cribbage            1:00 pm Men's &amp; Women's Social Group            1:00 pm Wood Carving            1:00 pm Line Dance- (Intermediate 2)            2:00 pm Ping Pong            4:00-pm Zumba with Courtney            5:00 pm Exercise with Courtney/ Strength</p>	<p><b>30</b></p> <p>8:30 a.m. <i>Kula Yoga with Samantha Huff from Evolve Yoga</i></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 Wii Bowling            9:30 am Get Fit With Lee            9:30 am Women's Pool Shooting Class            10:00 am –11:30 Blood Pressures            10:00 am Chair Yoga with Kaye            11:30 am-12:30 pm Lunch            12:00 pm Open Bridge Group            12:30 pm Open Craft Time            1:00 pm 500            1:00 pm No Friday Dance</p> <p><i>Featuring "No Dance Due to Monday being Holiday"</i></p>