12:00 pm Bridge-Duplicate

12:30 pm Painting Class

1:00 pm Ping Pong

Friday Tuesday Wednesday Thursday Monday 7:30 am—1 pm Coffee Shop 9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S. meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am-12:30 Full lunch 11:30 Beginning Ballroom* 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance Featuring The Huckleberrys *Beginning Ballroom requires registration 12-1 pm Team Trivia: 10:00 am Talk Show: Home 10:00 a.m. Book Discussion 9:00 am Talk Show: Jim Women's History **Equity Check Up** Group 10:30 am Genealogy Class Tillman on African American (2nd Friday) **History in Sioux City** 7:30 am-1 pm Coffee Shop 2-4 pm Jukebox Dance Party 1 pm Karaoke on the stage 7:45 am Walking Exercise Ladies of the 50s and 60s 7:30 am—1 pm Coffee Shop 9:00 am Senior Companion Meeting 9:00 am Senior Yoga (CD) 7:30 am-1 pm Coffee Shop 9:00 am Fitness with Dixie 7:30 am—1 pm Coffee Shop 7:30 am—1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 10:00 am Chair Yoga with Kaye 9:00 am Penny Bingo 9:30 am Cornhole 9:00 am Fitness Logic with Lee 7:45 am Walking Exercise 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am Karaoke 11:00 am-12:30 pm Full lunch 9:00 am Tatting 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 10:00 am Knitting & Crocheting 9:00 am Rock Steady Boxing (Fee) 10:00 am Tai Chi (Advanced) 9:00 am Bellydancing 9:00 am Line Dance Beginner, Registration Req. 9:30 am Painting Class 11:00 am Balance Class 11:00 am-12:30 pm Full Lunch 9:30 am Bible Study 10:00 am Chess 11:30 Beginning Ballroom* 11:30 am Open Bridge Group 9:00 am SilverSneakers Classic Fitness 10:00 am Wii Bowling 10:00 am Creative Writing 11:30 am Woodcarving 9:00 am Beginner Bridge 10:00 am Tai Chi (Beginning) **10:00 am** Sexy & Fit after 40 11:30 pm Cribbage 11:30 am Mixed Media Art Class/ Vivian Miller 10:00 am Line Dance (Intermediate) 10:30 am SilverSneakers Classic Fitness 10:30 am Open Jam Session -\$1.00 Guests 12:00 pm Bunco-\$1 entry 12:00 pm 500 Card Club 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:00 am Belly Dancing 11:00 am Choir Practice 12:00 pm Pinochle 12:00 pm Card/ Board Game Group-Misc. 11:00 am Mah Jongg (experienced players)
11:30 am Jazz Dancercise 11:00 am-12:30 pm Full lunch 12:00 pm Bridge-Duplicate 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance 11:00 am Mah Jongg 11:30 am Woodcarving **11:30 am** Phase 10 12:00 pm 500 Card Club 11:30 am Mexican Train 11:30 pm Cribbage 11:30 am Unlucky 7 Dice Game Featuring 12:00 pm Bridge –Men 12:00 pm Open Bridge 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Coloring Corner The Singer Family Band 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:00 pm Social Group 12:30 pm Painting Class 1:00 pm Ping Pong 11 12 13 14 15 12-4 pm AARP Driving 9:00 am Money Smart Class 9:30 am Grief Support Group 1 pm Karaoke on the stage 11 a.m. St. Patrick's Day (2nd Monday) Class 7:30 am—1 pm Coffee Shop Dinner 7:30 am—1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 1:00 pm Easter Craft with Bickford 9:00 am Penny Bingo 7:45 am Walking Exercise 1 pm Birthday Party 7:30 am—1 pm Coffee Shop 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Yoga w/Dixie 9:00 am Duplicate Bridge 9:30 am Painting Class 10:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 7:30 am—1 pm Coffee Shop (2nd Monday) 9:00 am Fitness Logic with Lee 9:00 am Bellydancing **Ballroom Dance Club** 9:00 am Penny Bingo 9:00 am Line Dance Beginner, Registration Req. Cake donated by Medigold 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Chess 10:00 am Wii Bowling 9:00 am SilverSneakers Classic Fitness 11:00 am Karaoke 9:00 am Beginner Bridge 10:00 am Line Dance (Intermediate) **10:00 am** Sexy & Fit after 40 9:30 am Bible Study 11:00 am-12:30 pm Full lunch 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 10:00 am Creative Writing 11:30 Beginning Ballroom* 10:00 am Canasta 9:00 am Senior Yoga (CD) 9:30 am Cornhole 10:00 am Tai Chi (Beginning) 11:30 am Open Bridge Group 11:00 am Line Dance (Advanced) 11:00 am-12:30 Full lunch 11:30 am Mixed Media Art Class/ Vivian Miller 12:00 pm Bunco-\$1 entry 10:30 am SilverSneakers Classic Fitness 11:00 am Mah Jongg (beginner 11:30 am Phase 10 10:00 am Knitting & Crocheting 11:00 am Belly Dancing lessons offered)
11:30 am Woodcarving
11:30 pm Cribbage 11:00 am Mah Jongg (experienced players)
11:30 am Jazz Dancercise 12:00 pm 500 Card Club 12:00 pm Bridge –Men 1:00 pm Coloring Corner 12:00 pm 500 Card Club 10:00 am Tai Chi (Advanced) 12:00 pm Card/ Board Game Group-Misc. 11:00 am Balance Class 11:00 am Balance Class 11:00 am-12:30 pm Full Lunch 11:30 am Woodcarving 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance 11:30 am Mexican Train 12:00 pm Open Bridge 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 11:30 pm Cribbage 12:30 pm Penny Bingo 1:00 pm Ping Pong Featuring 12:30 pm Tap Dance, 12:30 pm Painting Class 12:00 pm Pinochle 1:00 pm Social Group The Embers 12:00 pm Bridge-Duplicate Biscuits & Gravy 1:00 pm Ping Pong 20 12-1 pm Team Trivia: 10am-3 pm Sewing with 1 pm Karaoke on the stage All Things Irish and More Things 9:00 am Money Smart Class **Amanda Browder** 7:30 am-1 pm Coffee Shop March 7:30 am—1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 2-4 pm Jukebox Dance Party 9:00 am Penny Bingo 7:30 am—1 pm Coffee Shop 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Fitness with Dixie Spring Fling 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 7:45 am Walking Exercise 10:00 am Chair Yoga with Kaye 9:00 am Bellydancing
9:00 am Line Dance Beginner, Registration Req. 7:30 am—1 pm Coffee Shop 9:00 am Fitness Logic with Lee 9:00 am Yoga w/Dixie 10:00 am T.O.P.S meeting 9:00 am Duplicate Bridge 9:00 am Senior Yoga (CD) (Take Off Pounds Sensibly) 9:30 am Painting Class 9:00 am SilverSneakers Classic Fitness 11:00 am Karaoke 9:30 am Cornhole 9:00 am Penny Bingo 10:00 am Chess 9:00 am Beginner Bridge 11:00 am-12:30 pm Full lunch 10:00 am Knitting & Crocheting 9:00 am Rock Steady Boxing (Fee) 10:00 am Wii Bowling 10:00 am Line Dance (Intermediate) 10:00 am Tai Chi (Advanced) 11:00 am Balance Class 11:30 Beginning Ballroom* 9:30 am Painting Class 9:30 am Bible Study 10:00 am Canasta 11:00 am Line Dance **10:00 am** Sexy & Fit after 40 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 10:30 am Open Jam Session -\$1.00 Guests 11:00 am-12:30 pm Full lunch 10:00 am Creative Writing 11:00 am Mah Jongg (beginner 12:00 pm 500 Card Club 11:00 am Choir Practice 11:30 am Woodcarving 10:00 am Tai Chi (Beginning) 11:00 am-12:30 pm Full lunch lessons offered) 12:00 pm Card/ Board Game Group-Misc. 11:30 pm Cribbage 10:30 am SilverSneakers Classic Fitness **12:00 pm** Bunco-\$1 entry 11:00 am Belly Dancing :**30 am** Phase 10 12:00 pm 500 Card Club 1:00—3:30 pm Friday Dance 11:30 pm Cribbage 12:00 pm Pinochle 11:00 am Mah Jongg (experienced players) 12:00 pm Open Bridge 12:30 pm Penny Bingo 12:00 pm Bridge-Duplicate 12:00 pm Bridge –Men 11:30 am Jazz Dancercise **Featuring** 11:30 am Mexican Train 1:00 pm Coloring Corner 1:00 pm Ping Pong Jerry O'Dell's 11:30 am Unlucky 7 Dice Game 1:00 pm Social Group 12:30 pm Penny Bingo Country Flavor Band 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong Biscuits & Gravy 25 27 29 26 28 1 pm Karaoke on the stage 12 pm Alzheimer's Support Group 9:00 a.m. Money Smart Class 9:30 am Grief Support Group (4th Tuesday) 7:30 am—1 pm Coffee Shop CENTER (4th Monday) 9:00 am Penny Bingo 7:30 am—1 pm Coffee Shop 9:00 am Fitness Logic with Lee 7:30 am—1 pm Coffee Shop 8:00 am-9:30 am Biscuits and Gravy 9:00 am Tatting 1 pm Parkinson's Support **CLOSED FOR** 9:00 am Rock Steady Boxing (Fee) 7:45 am Walking Exercise 9:00 am Penny Bingo Group (4th Monday) 9:00 am Bellydancing
9:00 am Line Dance Beginner, Registration Req. 9:00 am Yoga w/Dixie 9:00 am Rock Steady Boxing (Fee) **GOOD** 9:00 am Duplicate Bridge 9:30 am Painting Class 9:30 am Bible Study 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:00 am SilverSneakers Classic Fitness 9:30 am Painting Class 9:00 am Beginner Bridge 10:00 am Creative Writing 10:00 am Chess **FRIDAY** 10:00 am Wii Bowling 10:00 am Line Dance (Intermediate) 10:00 am Tai Chi (Beginning) 9:30 am Cornhole 10:00 am Canasta 10:00 am Sexy & Fit after 40 10:30 am SilverSneakers Classic Fitness 10:00 am Knitting & Crocheting 11:00 am Line Dance 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Belly Dancing 11:00 am Mah Jongg (beginner 10:00 am Tai Chi (Advanced) 11:00 am Choir Practice 11:00 am Mah Jongg (experienced players) 11:00 am Balance Class 11:00 am-12:30 Full lunch 11:00 am-12:30 pm Full lunch lessons offered) 11:30 am Jazz Dancercise **11:30 am** Phase 10 11:30 am Woodcarving 11:30 am Mexican Train 11:30 am Woodcarving 12:00 pm 500 Card Club 11:30 pm Cribbage 11:30 am Unlucky 7 Dice Game 11:30 pm Cribbage 12:00 pm Open Bridge 12:00 pm Bridge –Men 12:30 pm Penny Bingo 12:00 pm Pinochle 12:30 pm Penny Bingo 1:00 pm Coloring Corner 12:30 pm Tap Dance

Biscutts & Gravy

1:00 pm Ping Pong

1:00 pm Social Group