Blood Pressure check every Wed. 12pm

A gathering of older men mtg – 1st Wednesday 11:30am (lunch provided)

ASAP Meeting – 2nd Thursday – 4pm

PR = Pool Room; DR = Dining Room

Pr. = Practice

Birthday Celebration – Last Wed.

Senior Stitchery – Pool Room every Wednesday @ 2pm

ASTORIA SENIOR CENTER

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 **CLOSED** **Happy New Year**	2 8:45am – Exercise Class 9:45am – Yoga Class 1:15pm – Mah Jong - DR 1:30pm - Beg. Line Dance 2:30pm – Pr. Adv. Line Dance	3 8:30 - Line Dance Practice 10am Crochet Class (PR) 12:30pm Bridge Club 1:15pm Pinochle 6:30pm Jam Session	4 9am – Exercise Class 1:0pm Adv. Line Dance Practice 1:30pm Bingo DR	5 OPENS 11:00am 11am Rummikup Play 1pm Weekly Movie (shown by Shigemi)
6 **CLOSED**	7 9am – Exercise Class 10am – Yoga Class 1pm – ENCORE Mtg PR 1:15pm – Mah Jong DR	8 12:30p – Bridge Club	9 8:45am – Exercise Class 9:45am – Yoga Class 1:15pm – Mah Jong - DR 1:30pm - Beg. Line Dance 2:30pm – Pr. Adv. Line Dance	10 8:30 - Line Dance Practice 10am Crochet Class (PR) 12:30pm Bridge Club 1:15pm Pinochle 6:30pm Jam Session	11 9am – Exercise Class 1:0pm Adv. Line Dance Practice 1:30pm Bingo DR	12 OPENS 11:00am 11am Rummikup Play 1pm Weekly Movie (shown by Shigemi)
13 **CLOSED**	14 9am – Exercise Class 10am – Yoga Class 1pm – ENCORE Mtg PR 1:15pm – Mah Jong DR	15 10am – Writing Exchange 12:30p – Bridge Club 1:30PM – Card Making DR	16 8:45am – Exercise Class 9:45am – Yoga Class 10:30am – Science Exchange 1:15pm – Mah Jong - DR 1:30pm - Beg. Line Dance 2pm Sr. Stitchery PR 2:30pm –Pr. Adv. Line Dance	17 8:30am – Board Mtg 10am MbrShp Meeting 12:30pm Bridge Club 1:15pm Pinochle 6:30pm Jam Session	18 9am – Exercise Class 10am – Promise of Pragmatism - PR 1:00pm Adv. Line Dance Practice 1:30pm Bingo DR	19 OPENS 11:00am 11am Rummikup Play 1pm Weekly Movie (shown by Shigemi)
20 **CLOSED**	21 9am – Exercise Class 10am – Yoga Class 1pm – ENCORE Mtg PR 1:15pm – Mah Jong DR	22 10am – Writing Exchange 12:30p – Bridge Club	23 8:45am – Exercise Class 9:45am – Yoga Class 10:30am – Science Exchange 1:15pm – Mah Jong - DR 1:30pm - Beg. Line Dance 2pm Sr. Stitchery PR 2:30pm – Pr. Adv. Line Dance	24 10am – drawing on the right side of the Brain 12:30pm Bridge Club 1:15pm Pinochle 6:30pm Jam Session	25 9am – Exercise Class 10am – Promise of Pragmatism - PR 1:00pm Adv. Line Dance Practice 1:30pm Bingo DR	26 OPENS 11:00am 11am Rummikup Play 1pm Weekly Movie (shown by Shigemi)
27 **CLOSED**	28 See Schedule above	29 10am – Writing Exchange 12:30p – Bridge Club	30 See Schedule above	31 See Schedule above		