

	Thursday	Friday	Saturday
	1	2	3
	9:30a Chorus	9:30a Exercise (Total Fitness)	
	9:30a Keep Well Clinic	11:30a Eating Together	
	10:30a Spanish Conversation	12:00p Line Dancing (Beginners)	
	12:30p Bridge (Rubber) 1:00p SHINE Checkin	1:00p Line Dancing (Intermediate) 3:00p Fitness (Dance Fever)	
	3:30p Strength Training	3:00p Fitness (Dance Fever)	
	Thursday	Friday	Saturday
	8	9	10
	9:00a Manicures Checkin	9:30a Exercise (Total Fitness)	IT 1
	9:30a Chorus	10:45a Food Management	
	10:30a Spanish Conversation	10:45a Science and Technology	
	10:30a Yoga n Creativity	Discussion	
	12:30p Bridge (Rubber)	11:30a Eating Together	
	1:00p SHINE Checkin	12:00p Line Dancing (Beginners)	
	3:30p Strength Training	1:00p Birthday Celebration	
	30 C C C C C C C C C C C C C C C C C C C	1:00p Line Dancing (Intermediate)	
		3:00p Fitness (Dance Fever)	
1	15	16	17
	9:30a Keep Well Clinic	9:30a Exercise (Total Fitness)	l' [′] l
	9:30a Chorus	11:30a Eating Together	
	10:30a Spanish Conversation	12:00p Line Dancing (Beginners)	
	10:30a Yoga n Creativity	1:00p Line Dancing (Intermediate)	
	12:30p Bridge (Rubber)	10:30a Spanish Conversation	
	1:00p SHINE Checkin	10:30a Yoga n Creativity	
	3:30p Strength Training	12:30p Bridge (Rubber)	
	11. A. C.	1:00p SHINE Checkin	

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	22 9:00a Manicures Checkin	9:30a Exercise (Total Fitness)	24
	9:00a Newsletter Mailing	10:45a Science and Technology	
	9:30a Chorus	Discussion	
	10:00a Caregivers Support Group	11:30a Eating Together	
	10:30a Spanish Conversation	12:00p Line Dancing (Beginners)	
	10:30a Yoga n Creativity	1:00p Line Dancing (Intermediate)	
	12:30p Bridge (Rubber)	3:00p Fitness (Dance Fever)	
	1:00p SHINE Checkin	Anne Control Section (Control Control	
	3:30p Strength Training		
	11.000		
	00		
	29	30	
	9:30a Chorus	09:30a Exercise (Total Fitness)	
	10:30a Spanish Conversation	11:30a Eating Together	
	12:30p Bridge (Rubber)	12:00p Line Dancing (Beginners)	
	1:00p SHINE Checkin	1:00p Line Dancing (Intermediate)	
	3:30p Strength Training	3:00p Fitness (Dance Fever)	
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				3:30p Strength Training	3.00p Fitness (Dance Fever)	
Sunday	Monday	Tuesday	Wednesday		Friday	Saturday
Sunday 4	Monday 5 9:30a Exercise (Total Fitness) 10:30 WinPower Presentation 10:45a Knitting 11:30a Eating Together 1:00p Mah Jongg 12 9:30a Exercise (Total Fitness) 11:00a Events Committee Meeting 11:30a Eating Together	9:45a Yoga & Creativity	7 9:30a Art 9:30a Exercise (Total Fitness) 10:00a Cribbage 10:30 Silver Sneakers Club Brainstorming Meeting 10:40a Mens Discussion 10:45a French Conversation 11:30a Eating Together 1:00p Take Control of Your Medical Care 1:30p Poetry Group 2:00p Walk at Wright-Locke Farm 14 08:30a COA Board Meeting 09:30a Art 09:30a Exercise (Total Fitness)	Thursday 8 9:00a Manicures Checkin 9:30a Chorus 10:30a Spanish Conversation 10:30a Yoga n Creativity 12:30p Bridge (Rubber) 1:00p SHINE Checkin 3:30p Strength Training 15 9:30a Keep Well Clinic 9:30a Chorus 10:30a Spanish Conversation	9:30a Exercise (Total Fitness) 10:45a Food Management 10:45a Science and Technology Discussion 11:30a Eating Together 12:00p Line Dancing (Beginners) 1:00p Birthday Celebration 1:00p Line Dancing (Intermediate) 3:00p Fitness (Dance Fever) 16 9:30a Exercise (Total Fitness) 11:30a Eating Together 12:00p Line Dancing (Beginners)	Saturday 10
18	1:00p Mah Jongg 1:00p Movie/Fences	10:00a Italian Conversation 11:30a Yoga Class Tea & Socializing 12:00p Wright-Locke Farm Luncheon 12:30p Bridge (Rubber) 1:00p Chess 1:00p Quilting & More 1:00p Square Dancing 3:20p Strength Training	10:00a Cribbage 10:45a French Conversation 11:30a Eating Together 11:30a Library Online 3:00p Yoga (Gentle)	10:30a Yoga n Creativity 12:30p Bridge (Rubber) 1:00p SHINE Checkin 3:30p Strength Training	1:00p Line Dancing (Intermediate) 10:30a Spanish Conversation 10:30a Yoga n Creativity 12:30p Bridge (Rubber) 1:00p SHINE Checkin	24
1:00p Sunday Bridge	10:45a Knitting 11:30a Eating Together 1:00p Mah Jongg	9:00a Garden Club 9:00a Meditation & Mindfulness 9:00a TRAVEL COMMITTEE TRIP 9:15a WSA Board Meeting 9:45a Yoga & Creativity 10:00a Italian Conversation 11:30a Yoga Class Tea & Socializing 12:30p Bridge (Rubber) 1:00p Chess 1:00p Quilting & More 1:00p Square Dancing 3:20p Strength Training 5:00p Memory Clinic	9:30a Art 9:30a Exercise (Total Fitness) 10:00a Cribbage 10:40a Mens Discussion 10:45a French Conversation 11:30a Eating Together 1:30p Poetry Group 2:00p Nutrition 3:00p Yoga (Gentle) 5:00p Memory Café with Kelly McCarthy	9:00a Manicures Checkin 9:00a Newsletter Mailing 9:30a Chorus 10:00a Caregivers Support Group 10:30a Spanish Conversation 10:30a Yoga n Creativity 12:30p Bridge (Rubber) 1:00p SHINE Checkin 3:30p Strength Training	9:30a Exercise (Total Fitness) 10:45a Science and Technology Discussion 11:30a Eating Together 12:00p Line Dancing (Beginners) 1:00p Line Dancing (Intermediate) 3:00p Fitness (Dance Fever)	24
25	9:30a Exercise (Total Fitness) 11:30a Eating Together 1:00p Mah Jongg 1:00p Movie/A Dog's Purpose	9:00a Garden Club 9:00a Meditation & Mindfulness 9:45a Yoga & Creativity 10:00a Italian Conversation 11:30a Yoga Class Tea & Socializing 12:30p Bridge (Rubber) 1:00p Chess 1:00p Quilting & More	9:30a Art 9:30a Exercise (Total Fitness) 10:00a Cribbage 10:45a French Conversation 11:00a Coffee and Books 11:30a Eating Together 3:00p Yoga (Gentle)	9:30a Chorus 10:30a Spanish Conversation 12:30p Bridge (Rubber) 1:00p SHINE Checkin 3:30p Strength Training	30 09:30a Exercise (Total Fitness) 11:30a Eating Together 12:00p Line Dancing (Beginners) 1:00p Line Dancing (Intermediate) 3:00p Fitness (Dance Fever)	

1:00p Square Dancing 3:20p Strength Training