

Events

MON	TUES	WED	THURS	FRI
				1 8:30 or 9:30 AM Tai Chi 9 AM Donuts - Coffee 1 PM Hand & Foot 2:30 PM Tai Chi
4 9 AM Yoga 1 PM Pitch 2:30 PM Tai Chi	5 9 AM Resistance Bands 10 AM Body Basic 1 PM <i>Could You Pass a US Citizenship Examine?</i>	6 9 AM QI Gong 1 PM Pitch 2:30 PM Tai Chi	7 9 AM Resistance Bands 10 AM Body Basic 1 PM <i>Veterans Meal & Program</i>	8 8:30 or 9:30 AM Tai Chi 9 AM Donuts - Coffee 1 PM Hand & Foot 2:30 PM Tai Chi 8:30 AM - 4 PM <i>Medicare Part D Open Enrollment</i>
11 CLOSED VETERANS DAY	12 9 AM Resistance Bands 10 AM Body Basic 12:30 PM <i>Pain Management</i> 1 PM Hand & Foot	13 BIRTHDAY/ANNIV 9 AM QI Gong 11:30 AM <i>Blood Pressure</i> 1 PM <i>Rockin Woody</i> 2:30 PM Tai Chi	14 9 AM Resistance Bands 10 AM Body Basic 1 PM Liverpool Rummy 8:30 AM - 4 PM <i>Medicare Part D Open Enrollment</i>	15 8:30 or 9:30 AM Tai Chi 9 AM Donuts - Coffee 1 PM Hand & Foot 2:30 PM Tai Chi
18 9 AM Yoga 1 PM Pitch 2:30 PM Tai Chi	19 9 AM Resistance Bands 10 AM Body Basic 1 PM Dominos <i>Foot Clinic</i>	20 9 AM QI Gong 12:30 PM <i>Sheriff Vance Scam Safety & Prevention</i> 1 PM Pitch 2:30 PM Tai Chi	21 BREAKFAST 9 AM Resistance Bands 9:30 AM Breakfast Bingo 10 AM Body Basic 1 PM Liverpool Rummy	22 8:30 or 9:30 AM Tai Chi 9 AM Donuts - Coffee 1 PM Hand & Foot 2:30 PM Tai Chi
25 9 AM Yoga 1 PM Pitch 2:30 PM Tai Chi	26 9 AM Resistance Bands 10 AM Body Basic 1 PM Hand & Foot	27 9 AM QI Gong 1 PM Pitch 2:30 PM Tai Chi	28 CLOSED HAPPY THANKSGIVING	29 CLOSED