

Events

MON	TUES	WED	THURS	FRI
		1 CLOSED HAPPY NEW YEAR	2 9 AM Resistance Bands 10 AM Body Basic 1 PM Liverpool Rummy	3 8:30 or 9:30 AM Tai Chi 9 AM Donuts - Coffee 1 PM Hand & Foot 2:30 PM Tai Chi
6 9 AM Yoga 1 PM Pitch 2:30 PM Tai Chi	7 9 AM Resistance Bands 10 AM Body Basic 1 PM Hand & Foot	8 BIRTHDAY/ANNIV 9 AM QI Gong 11:30 AM <i>Blood Pressure</i> 1 PM <i>Luke Eckles Pianist</i> 2:30 PM Tai Chi	9 9 AM Resistance Bands 10 AM Body Basic 1 PM <i>Senior Scam</i> <i>Prevention NE</i> <i>Attorney General's</i> <i>Office</i> 2 PM Liverpool Rummy	10 8:30 or 9:30 AM Tai Chi 9 AM Donuts - Coffee 1 PM Hand & Foot 2:30 PM Tai Chi
13 9 AM Yoga 1 PM Pitch 2:30 PM Tai Chi	14 9 AM Resistance Bands 10 AM Body Basic 1 PM <i>Dominos</i>	15 9 AM QI Gong 1 PM Pitch 2:30 PM Tai Chi	16 BREAKFAST 9 AM Resistance Bands 9:30 AM <i>Breakfast Bingo</i> 10 AM Body Basic 1 PM Liverpool Rummy	17 8:30 or 9:30 AM Tai Chi 9 AM Donuts - Coffee 1 PM Hand & Foot 2:30 PM Tai Chi
20 CLOSED	21 9 AM Resistance Bands 10 AM Body Basic 1 PM Hand & Foot	22 9 AM QI Gong 1 PM Pitch 2:30 PM Tai Chi	23 9 AM Resistance Bands 10 AM Body Basic 1 PM Liverpool Rummy	24 8:30 or 9:30 AM Tai Chi 9 AM Donuts - Coffee 1 PM Hand & Foot 2:30 PM Tai Chi
27 9 AM Yoga 1 PM Pitch 2:30 PM Tai Chi <i>Foot Clinic</i>	28 9 AM Resistance Bands 10 AM Body Basic 1 PM <i>Dominos</i>	29 9 AM QI Gong 1 PM Pitch 2:30 PM Tai Chi	30 9 AM Resistance Bands 10 AM Body Basic 1 PM Liverpool Rummy	31 8:30 or 9:30 AM Tai Chi 9 AM Donuts - Coffee 1 PM Hand & Foot 2:30 PM Tai Chi