



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio Combo</b> <b>10:00 Beginner Yoga</b> <b>1:00 Bingo</b> sponsored by HomeCare Hospice	8:30 Men's Coffee <b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio &amp; Tone</b> 10:30 Crochet 10:30 Spanish 1:00 Line Dancing 1:00 Dominoes	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio Combo</b> 10:30 Art & Friends 12:00 Bridge* 1:00 Art & Friends	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio &amp; Tone</b> <b>10:00 Tai Chi</b> 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand and Foot 12:00 Phase 10
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio Combo</b> <b>10:00 Beginner Yoga</b> 1:00 Line Dancing	8:30 Men's Coffee <b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio &amp; Tone</b> 10:30 Crochet 10:30 Spanish 1:00 Line Dancing 1:00 Dominoes	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio Combo</b> 10:30 Art & Friends 12:00 Bridge* 1:00 Art & Friends	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio &amp; Tone</b> <b>10:00 Tai Chi</b> 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10 <b>1:00 Bunco \$5</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>City Hall Closed in Observance of Martin Luther King Day</b>	8:30 Men's Coffee <b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio &amp; Tone</b> 10:30 Crochet 10:30 Spanish 1:00 Line Dancing 1:00 Dominoes <b>1:00 Craft</b> sponsored by PeachTree Village	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio Combo</b> 10:30 Art & Friends 12:00 Bridge* 1:00 Art & Friends	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio &amp; Tone</b> <b>10:00 Tai Chi</b> 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio Combo</b> <b>10:00 Beginner Yoga</b> 1:00 Line Dancing 1	8:30 Men's Coffee <b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio &amp; Tone</b> 10:30 Crochet 10:30 Spanish 1:00 Line Dancing 1:00 Dominoes	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio Combo</b> 10:30 Art & Friends 12:00 Bridge* 1:00 Art & Friends	<b>8:30 Sit &amp; Be Fit</b> <b>9:15 Cardio &amp; Tone</b> <b>10:00 Tai Chi</b> 11:00 Dulcimer 1:00 Line Dancing <b>1:00 Beading \$8</b> <b>2:00 Book Club</b> <u>Project Hail</u> <u>Mary by A. Weir</u>	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10 <b>11:30 Luncheon \$7</b>
<b>31</b>				

•Purple - RSVP Required •Blue - Fitness Classes •Red - Fee Required

(Please see back page for description of activities. \*Bridge Description on back.)

## Fitness Class Descriptions

<b>Sit &amp; Be Fit</b> (Beginner) 45 min	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, cardio health, and muscle endurance. (45 min)
<b>Cardio Combo!</b> (Beg/Intermediate) 45 min	Low-impact standing cardio exercise for improved heart health, coordination, and balance. Class includes standing cardio and seated strength training. (45 min)
<b>Cardio &amp; Tone</b> (Inter/Advance) 45 min	Low-Impact standing cardio exercise with some standing and seated strength training. (45 min)
<b>Beginner Yoga</b>	Gentle stretches and introduction to yoga poses while seated in a chair.
<b>Tai Chi</b> (Beginner) 45 min	A graceful form of exercise used for stress reduction and a variety of other health conditions. A series of movements performed in a slow, focused manner, accompanied by deep breathing.

## Activities

<b>Art &amp; Friends</b>	Come and go time with friends that share in their love of art. Bring your own projects and supplies.
<b>Beading Beauties</b>	Sign-up in advance. Fee paid to instructor. Double-sided Bracelet \$8
<b>Bible Study</b>	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson. Led by Barbara Martin.
<b>Book Club</b>	<i>Project Hail Mary</i> by Andy Weir: A Lone Astronaut must save the earth from disaster.
<b>Bridge</b>	We have two Bridge groups active: Experienced Bridge Players and Beginner Bridge Players. To have the appropriate number of players, both groups require that our Bridge coordinator contact you to verify playing dates. Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
<b>Bunco \$</b>	This is a fun, fast-paced, and easy to learn dice game. \$5 fee per person which goes towards prizes.
<b>Cards &amp; Games (Hand and Foot, Phase 10, Dominoes)</b>	All cards and games are open to all levels. If you are not sure how to play, come and sit along-side an experienced player to learn.
<b>Craft</b>	Provided by PeachTree Village – To be announced
<b>Crochet</b>	Bring your own project. Give help and get help.
<b>Dulcimer</b>	The Dulcimer is a fretted stringed instrument with 3 or 4 strings that is played by strumming as it sits in your lap. Want to learn how to play? Grab a dulcimer and come on. Beginner or experienced Dulcimer players welcome.
<b>Line Dancing</b>	Dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music. No prior dance experience required. Great for beginners to Fred Astaires!
<b>Music Group</b>	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
<b>Spanish I</b>	Beginner Spanish for all those interested in learning a new language and exercising your brain.