



January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	8:30 Men's Coffee	8:30 Sit & Be Fit	8:30 Sit & Be Fit	9:00 Music Group
	8:30 Sit & Be Fit	9:15 Cardio Combo	9:15 Cardio Combo	9:00 Bible Study
	9:15 Cardio Combo	10:30 Lessons of Art	10:00 Tai Chi	10:30 Hand and Foot
	10:00 Spanish II	12:00 Bridge	11:00 Dulcimer	12:00 Phase 10
	10:30 Crochet	1:00 Art & Friends	1:00 Line Dancing	1:00 Line Dancing
	11:00 Spanish I			
	1:00 Line Dancing 1:00 Dominoes			
9	10	11	12	13
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Bingo sponsored by Home Instead Senior Care	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Spanish II 10:30 Crochet 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 11:00 Pizza Party with Traditions Health 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10 1:00 Bunco \$5 1:00 Line Dancing
16	17	18	19	20
Senior Center Closed in Observance of Martin Luther King Jr. Day	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Spanish II 10:30 Crochet 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 11:00 Dulcimer 11:30 Brown Bag Lunch with Ensure 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 11:30 Luncheon FREE Raymond James Wealth 12:00 Phase 10
23	24	25	26	27
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Line Dancing 1:30 Learn to Play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Spanish II 10:30 Crochet 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends 1:00 Snack & Learn with Visiting Angels	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 11:00 Dulcimer 1:00 Line Dancing 1:00 Beading \$6 2:00 Book Club	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10
30	31			
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Movie Monday Ticket to Paradise 1:30 Learn to Play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Spanish II 10:30 Crochet 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes			

Fitness Class Descriptions

Sit & Be Fit (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)
Cardio Combo! (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)
Tai Chi (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	
Lessons of Art Art & Friends	Join our instructor to learn the fundamentals of art and then join friends that share in their love of art. Bring your own projects and supplies.
Beading Beauties	Sign-up in advance. Fee paid to instructor. Necklace \$6
Bible Study	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson. Led by Barbara Martin.
Book Club	<i>The Nature of Fragile Things by Susan Meissner</i>
Bridge	We have three Bridge groups active: Experienced Bridge Players and Beginner Bridge Players and Learn to Play Bridge. Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
Brown Bag Lunch	Pack your lunch and join Jason with Ensure. He'll let you know all the great things that the nutritional shakes and drinks provide for your health goals. Wait until you hear all the great recipes and different ways to use Ensure!
Bunco \$	This is a fun, fast-paced, and easy to learn dice game. \$5 fee per person which goes towards prizes.
Hand & Foot, Phase 10, Dominoes	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. We have the cards; you bring the fun!
Crochet	Bring your own project. Give help and get help.
Dulcimer	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 player's welcome.
Line Dancing	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 experts!
Luncheon	This month's luncheon is being provided by Raymond James Wealth Management. Sign-up is required. Must sign-up in person.
Movie Monday Ticket to Paradise	A man and his ex-wife race to Bali, Indonesia to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Pizza Party	January 8-14 is National Pizza Week so of course we have to celebrate!! Join Traditions Health for a party honoring one of our favorite foods!
Spanish I and Spanish II	Spanish I and II is for all those interested in learning a new language and exercising your brain.

*Purple – RSVP Required

*Blue – Fitness Classes

*Red – Fee Required