

January 2012

*An asterisk means the event occurs away from the Rec Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year!!	2 9am Prime Time Exercise 10am Richard Simmons 10:30am Arthritis Aquatics 11:15am Intermed. Line Dance 12:15pm Mah Jongg 1pm- "Price is Right"-CANCELLED FOR JANUARY	3 8am Cards 9am Travel Club Meeting 11am Strength Training 1pm Free Bingo 1pm Bowling League*	4 9am- Senior Artists 9am Prime Time Exercise 10am Richard Simmons 10:30am Arthritis Aquatics 1130am Nutrition 1pm Knitting Club 12:15pm Mah Jongg 5pm- Single Ladies- Ruby Tuesday 6pm- The Jam*	5 8am Cards 9:30am Beginning L. D. 11am Strength Training 1pm Free Bingo	6 9am Prime Time Exercise 9:15am Senior Advisory Meeting 9:30am Dominoes 10am Richard Simmons 10:30am Arthritis Aquatics 1130am Nutrition 12:30pm Cards 12:30pm- Wii Bowling League	7
8	9 9am Prime Time Exercise 10am Richard Simmons 10:30am Arthritis Aquatics 11:15am Intermed. Line Dance 12:15pm Mah Jongg 1pm Bakers Club 2012 Trip registration begins at 9am at Rec Center	10 8am Cards 10am Book Club 11am Strength Training 1pm Free Bingo 1pm Bowling League *	11 8am-Noon SW Blood Pressure 9am Prime Time Exercise 10am Richard Simmons 10:30am Arthritis Aquatics 1130am Nutrition 12:15pm Mah Jongg 1pm- Knitting Club 6pm- The Jam*	12 8am Cards 9:30am Beginning L. D. 11am Strength Training 1pm- AARP Group Meeting	13 9am Prime Time Exercise 9:30am Dominoes 10am Richard Simmons 10:30am Arthritis Aquatics 11am Nutrition 1130am- ROMEOS- Paninis 12:30pm Cards 12:30pm- Wii Bowling League	14
15	16 9am Prime Time Exercise 10am Richard Simmons 10:30am Arthritis Aquatics 11:15am Intermed. Line Dance 12:15pm Mah Jongg 12:30pm Giving Dolls	17 8am Cards 11am Strength Training 1pm Free Bingo 1pm Bowling League* 1pm- 4pm Ask An Attorney- Please RSVP at the front desk of the Rec Center for your time.	18 9am- Senior Artists 9am Prime Time Exercise 10am Richard Simmons 10:30am Arthritis Aquatics 1130am Nutrition 11am Fishing Club 12:15pm Mah Jongg 1pm- Knitting Club 430p- Couples Dinner- Coppertop 6pm- The Jam*	19 8am Cards 9:30am Beginning L. D. 11am Strength Training 1pm- Free Movie Matinee	20 9am Prime Time Exercise 9:30am Dominoes 10am Richard Simmons 10:30am Arthritis Aquatics 1130am Nutrition 12:30pm Cards 12:30pm- Wii Bowling League	21
22	23 9am Prime Time Exercise 10am Richard Simmons 10:30am Arthritis Aquatics 11:15am Intermed. Line Dance 12:15pm Mah Jongg	24 8am Cards 10am Book Club 11am Strength Training 1pm Free Bingo 1pm Bowling League* 1pm-Serendipity Bible Study Rivers Casino Report Time: 7:30am Depart Time: 8am	25 8am-Noon SW Blood Pressure 9am Prime Time Exercise 10am Richard Simmons 10:30am Arthritis Aquatics 1130am Nutrition 12:15pm Mah Jongg 1pm Knitting Club 6pm- The Jam*	26 7am- Pinochle Tournament-RSVP required to participate. Please see Tattler for details. 8am Cards 9:30am Beginning L. D. 11am Strength Training 1pm Free Bingo	27 9am Prime Time Exercise 9:30am Dominoes 10am Richard Simmons 10:30am Arthritis Aquatics 1130am Nutrition 12:30pm Cards 12:30pm Wii Bowling League	28
29	30 9am Prime Time Exercise 10am Richard Simmons 10:30am Arthritis Aquatics 11:15am Intermed. Line Dance 12:15pm Mah Jongg	31 8am Cards 11am Strength Training 1pm Free Bingo 1pm Bowling League*				

