

NEW YEAR - FRESH START!

January 2019 Center Activities

609-448-7140

Pre-register for Instructional Classes at least Five (5) Business Days in advance, in order to ensure appropriate attendance numbers to conduct the program.

Monday

Tuesday

Wednesday

Thursday

Friday



1

OFFICE CLOSED



2

9:00 Healthy Bones Grads
1:00 Jewelry Gems
1:00 Games
1:00 Beg. Healthy Bones
1:00 Parkinson's Support
1:00 **Music of Puccini**

3

10:00 Ceramics
10:30 Family Relations 101
12:15 Duplicate Bridge
1:30 Trivia Time!
2:00 Mandolin Intro

*Thursday Night Classes
Start Next Week....
See Insert for Details!*

4

10:00 Bagels Plus
10:30 Harmonica
1:00 Table Tennis

2:00 p.m.
Ring in 2019
with the
Jimmy Givens Trio

7

9:00 SHAPE IT UP (\$)
9:30 Drop-In Bridge
9:30 No Press Printing (\$)
10:00 Move & Groove (\$)
10:30 The Bulging Bagel
1:00 Yarn It / Games /Tennis
11:15 Yang Tai Chi (\$)
3 Happy Travel Club

8

9:00 Chorus/ Games
9:00 Body Works (\$)
10:15 Triple 15 (\$)
10:30 Between the Covers
11:00 Green Thumbs
11:15 POUND (\$)
12 Chess-Mates/ 1 T. Tennis
2:00 Collage with Karen
3:30 Pilates Class (\$)

9

9:00 Healthy Bones Grads
9:00 Total Toning (\$)
10:15 Bodies in Motion (\$)
10:30 Preventive Challenge
11:15 Breathe/Stretch (\$)
1:00 Jewelry Gems/ Games
1:00 Beg. Healthy Bones
1:30 Inflammation Top 10

Saturday Mornings
Start This Week >

10

9:00 Chair Yoga (\$)
10:00 Ceramics
10:00 iPhone Basics (\$)
10:15 Body Works (\$)
11:15 Core Fusion (\$)
12:15 Duplicate Bridge
12:30 Mixed Watercolor (\$)
1:30 Mindfulness Benefits
2:00 Mandolin Class

11

9:00 Zumba Gold (\$)
10:00 Boot Camp (\$)
10:00 Dabble & Do (\$)
10:30 Harmonica
11:00 Up to Barre (\$)
12:30 Watercolor Exp. (\$)
1:00 Table Tennis
1:00 Cozy Cuisine Demo
1:00 Beads & Weaves (\$)
1:30 Singing Bowls

14

9:00 SHAPE IT UP
9:30 Drop-In Bridge
9:30 No Press Printing
10:00 Move & Groove
10:30 Rewire Your Brain
11:15 Yang Tai Chi
1 Yarn It / Games / T. Tennis
1:30 3-D Art
1:30 The Frozen North

15

8:45 **Drivers Safety**
9:00 M.T. Chorus/ Games
9:00 Body Works
10:15 Triple 15
10:30 Release Negativity
11:15 POUND
12 Chess-Mates/ 1 T. Tennis
1:30 Cancer Support
1:30 NOVA Knows
2:00 Collage (LD) 3:30 Pilates

16

9:00 H. Bones Grads
9:00 Total Toning
10:15 Bodies in Motion
10:30 Hormones to Blame
11:15 Breathe/Stretch
1:00 Jewelry Gems/ Games
1:00 Beg. Healthy Bones
1:30 Five Wishes
2:30 Time to Declutter
2:30 Diabetes Support

17

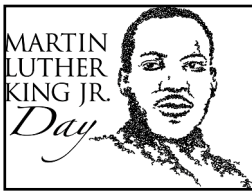
9:00 Chair Yoga
10:00 Ceramics
10:15 Body Works
10:30 Worldly Book Tour
10:30 Palliative Care
11:15 Core Fusion
12:15 Duplicate Bridge
12:30 Mixed Watercolor
1:30 1920's Berlin
2:00 Mandolin Class

18

9:00 Zumba Gold
10:00 Boot Camp
10:00 Dabble & Do
10:30 Music of Webber
11:00 Up to Barre
10:30 Harmonica
12:30 Watercolor Exp.
NO TABLE TENNIS!
1:00 Beads & Weaves
1:00 FRIENDS BINGO (\$)

21

OFFICE CLOSED



22

9:00 Chorus/ Games
9:00 Body Works
10:15 Triple 15
10:30 ClearCaptions
11:15 POUND
12 Chess-Mates/ 1 T. Tennis
1:30 Science Today
2:00 Poems of Significance
3:30 Pilates

23

9:00 H. Bones Grads
9:00 Total Toning
10:15 Bodies in Motion
10:30 Eat Well, Age Well
11:15 Breathe/Stretch
1:00 Jewelry Gems/ Games
1:00 Beg. Healthy Bones
2:00 Dumplings Demo
2:00 Caregivers Support

24

9:00 Chair Yoga
10:00 Ceramics
10:15 Body Works
10:00 iPhone Basics (LD)
11:15 Core Fusion
12:15 Duplicate Bridge
12:30 Mixed Watercolor
1:00 Mindful Stretching
1:30 1920's Berlin (LD)
2:00 Mandolin Class

25

9:00 Zumba Gold
10:00 Boot Camp
10:00 Dabble & Do
11:00 Up to Barre (\$)
10:30 Harmonica
12:30 Watercolor Exp.
NO TABLE TENNIS!
1:00 Beads & Weaves
2:00 Winter Wonderland
7:00 Country Jamboree

28

9:00 SHAPE IT UP
9:30 Drop-In Bridge
9:30 No Press Printing
10:00 Move & Groove
10:30 Rotator Cuff Trouble
11:15 Yang Tai Chi
1 Yarn It / Games / T. Tennis
1:00 Tax Counselor Mtg.
1:00 Life's Support w. A.C
1:30 3-D Art

29

9:00 Chorus/ Games
9:00 Body Works
10:15 Triple 15
10:30 Anxious to Awesome
11:15 POUND
12:00 Chess-Mates
1:00 T. Tennis
2:00 Music by Bobby Kulik
3:30 Pilates

30

9:00 Healthy Bones Grads
9:00 Total Toning
10:15 Bodies in Motion
10:30 TED Talk & Discuss
11:15 Breathe/Stretch
1:00 Jewelry Gems/ Games
1:00 Beg. Healthy Bones
1:00 The Highwaymen

31

9:00 Chair Yoga
10:00 Ceramics
10:15 Body Works
10:30 Judge for Yourself
11:15 Core Fusion
12:15 Duplicate Bridge
12:30 Mixed Watercolor
1:30 Broadway Musicals
2:00 Mandolin Class

