

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
New Year's Day Center Closed	2 Birthday Tuesday! 9:30 Exercise with M&M 10:00 Billiards 10:00 Ceramics & Art Open Studio 10:30 Entertainment—Terry Spencer 11:00 Minding Motion 11:30 Birthday Tuesday Lunch 12:45 Advisory Committee Meeting 3:00 Open Exercise 5:00 Social Dance Class by Backyard Ballroom 6:30 Power Yoga 7:30 Yoga/Stress Relief	3 8:00 Ceramics 9:30 Cards with Ted 9:30 Enhance@Fitness 9:30 Family Search (Rose Park Family Center) 10:30 Wii Bowling 10:30 Vital Aging—Reminiscing My Life Story 10:45 Conversational Spanish Class 11:00 Line Dancing 12:30 Bingo 12:30 Chi Gung with Norma 3:00 Open Exercise 3:00 Puzzles	4 9:30 Exercise with M&M 10:00 Adult Coloring 10:00 Ceramics & Art Open Studio 12:00 Creative Explorations 12:45 Choir Practice 3:00 Open Exercise 5:30 Zumba 6:00 Computer Class: Open Tutoring 6:30 Rose Park Recovery AA Meeting 6:30 Power Yoga 7:00 Computer Basics: Online Games: GeoGuessr 7:30 Yoga/Stress Relief	5 8:00 Ceramics 9:00 Computers with Peter 9:30 Cards with Ted 9:30 Enhance@Fitness 10:00 Billiards 10:30 Wii Bowling 12:30 Bingo 3:00 Open Exercise 3:00 Puzzles & Games
8:00 Ceramics 9:00 Computers with Peter 9:30 Cards with Ted 9:30 Enhance@Fitness 10:30 Wii Bowling 10:45 Conversational Spanish Class 10:45 Electoral College Presentation 11:00 National Popular Vote Presentation 12:30 Bingo 3:00 Open Exercise	9 9:30 Dr. Dudley—Health Promotion Presentation 9:30 Wii Bowling at Sunday Anderson West Side Senior Center 10:00 Billiards 10:00 Ceramics & Art Open Studio 11:00 Minding Motion 3:00 Open Exercise 5:00 Social Dance Class by Backyard Ballroom 6:30 Power Yoga 7:30 Yoga/Stress Relief	10 8:00 Ceramics 9:30 Cards with Ted 9:30 Enhance@Fitness 9:30 Family Search (Rose Park Family Center) 10:30 Wii Bowling 10:30 Vital Aging—Reminiscing My Life Story 10:45 Conversational Spanish Class 11:00 Line Dancing 12:30 Bingo 12:30 Chi Gung with Norma 3:00 Open Exercise 3:00 Puzzles	11 9:30 Exercise with M&M 10:00 Adult Coloring 10:00 Ceramics & Art Open Studio 12:00 Creative Explorations 12:45 Choir Practice 3:00 Open Exercise 5:30 Zumba 6:00 Computer Class: Open Tutoring 6:30 Rose Park Recovery AA Meeting 6:30 Power Yoga 7:00 Computer Basics: Vinyl Snowflakes 7:30 Yoga/Stress Relief	12 8:00 Ceramics 9:00 Computers with Peter 9:30 Cards with Ted 9:30 Enhance@Fitness 10:00 Billiards 10:30 Wii Bowling 12:30 Bingo 3:00 Open Exercise 3:00 Puzzles & Games
Closed for Martin Luther King Jr. Holiday	16 9:30 Exercise with M&M 10:00 Billiards 10:30 BP & Glucose Screenings 11:00 Minding Motion 3:00 Open Exercise 5:00 Social Dance Class by Backyard Ballroom 6:30 Power Yoga 7:30 Yoga/Stress Relief	17 Senior Voices 8:00 Ceramics 9:30 Cards with Ted 9:30 Enhance@Fitness 9:30 Family Search (Rose Park Family Center) 10:30 Senior Voices 10:30 Wii Bowling 10:30 Vital Aging—Reminiscing My Life Story 10:45 Conversational Spanish Class 11:00 Line Dancing 12:30 Bingo 12:30 Chi Gung with Norma 3:00 Open Exercise 3:00 Puzzles	18 9:30 Exercise with M&M 10:00 Adult Coloring 10:00 Ceramics & Art Open Studio 10:00 Haircuts by Terri 10:30 Chair Massage & Footbaths 10:30 Food Sense 12:00 Creative Explorations 12:45 Choir Practice 3:00 Open Exercise 5:30 Zumba 6:00 Computer Class: Open Tutoring 6:30 Rose Park Recovery AA Meeting 6:30 Power Yoga 7:00 Computer Basics: Gmail Basics 7:30 Yoga/Stress Relief	19 Doughnut & Morning Movie 8:00 Ceramics 9:00 Doughnut & Morning Movie 9:00 Computers with Peter 9:30 Cards with Ted 9:30 Enhance@Fitness 10:00 Billiards 10:30 Wii Bowling 12:30 Bingo 3:00 Open Exercise 3:00 Puzzles & Games
8:00 Ceramics 9:00 Computers with Peter 9:30 Cards with Ted 9:30 Enhance@Fitness 10:30 Brain Games 10:30 Wii Bowling 10:45 Conversational Spanish Class 12:30 Bingo 3:00 Open Exercise	23 9:30 Exercise with M&M 9:30 Wii Bowling at River's Bend Senior Center 10:00 Billiards 10:00 Ceramics & Art Open Studio 11:00 Minding Motion 3:00 Open Exercise 5:00 Social Dance Class by Backyard Ballroom 6:30 Power Yoga 7:30 Yoga/Stress Relief	24 8:00 Ceramics 9:30 Cards with Ted 9:30 Enhance@Fitness 9:30 Family Search (Rose Park Family Center) 10:30 Wii Bowling 10:30 Vital Aging—Reminiscing My Life Story 10:45 Conversational Spanish Class 11:00 Line Dancing 12:30 Bingo 12:30 Chi Gung with Norma 1:00 SLCC Writing Workshop - Fiction 3:00 Open Exercise 3:00 Puzzles	25 Sweet's Fieldtrip 9:30 Exercise with M&M 10:00 Adult Coloring 10:00 Ceramics & Art Open Studio 9:30 Fieldtrip—Sweet's 12:00 Creative Explorations 12:45 Choir Practice 3:00 Open Exercise 5:30 Zumba 6:00 Computer Class: Open Tutoring 6:30 Rose Park Recovery AA Meeting 6:30 Power Yoga 7:00 Computer Basics: KSL Classifieds 101 7:30 Yoga/Stress Relief	26 8:00 Ceramics 9:00 Computers with Peter 9:30 Cards with Ted 9:30 Enhance@Fitness 10:00 Billiards 10:30 Wii Bowling 12:30 Bingo 3:00 Open Exercise 3:00 Puzzles & Games
8:00 Ceramics 9:00 Computers with Peter 9:30 Cards with Ted 9:30 Enhance@Fitness 10:30 Brain Games 10:30 Wii Bowling 10:45 Conversational Spanish Class 10:45 Brain Games 12:30 Bingo 3:00 Open Exercise	30 9:30 Exercise with M&M 9:30 Wii Bowling at River's Bend 10:00 Billiards 10:00 Ceramics & Art Open Studio 11:00 Minding Motion 1:00 Dr. Shelton—Podiatrist 3:00 Open Exercise 5:00 Social Dance Class by Backyard Ballroom 6:30 Power Yoga with Don 7:30 Yoga/Stress Relief With Don	31 8:00 Ceramics 9:30 Cards with Ted 9:30 Enhance@Fitness 9:30 Family Search (Rose Park Family Center) 10:30 Wii Bowling 10:30 Vital Aging—Reminiscing My Life Story 10:45 Conversational Spanish Class 11:00 Line Dancing 11:30 Legal Consultations 12:00 Book Club 12:30 Valentine Craft 12:30 Bingo 12:30 Chi Gung with Norma 12:30 Aging Mastery Class 3:00 Open Exercise 3:00 Puzzles	Doughnut and Morning Movie Friday, January 19th at 9:00 a.m. Run time 1 hour 35 min	

