


JANUARY 2025 SENIOR CENTER PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
		1/1 Closed – No Programs 	1/2 9:00 Zumba Gold 1:00 Tai Chi 2:00 Tai Chi (Adv)	1/3 9:00 Yoga 12:00 Lunch Club 60 2:00 Square Dancing
1/6 9:00 Yoga 9:30 NIA 10:00 Arthritis Exercise 12:00 Lunch Club 60 12:45 Online Balance Class	1/7 9:00 Zumba Gold 10:30 Balance 1:00 Tai Chi 2:00 Tai Chi (Adv) ***AARP Tax Prep Reservations Begin	1/8 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 11:15 Feldenkrais Method 12:00 Lunch Club 60 1:15 Get Fit & Stress Less	1/9 9:00 Zumba Gold 9:00 **AARP Driver's Safety 10:30 **Trip – Marshall's Shopping & Hibachi 1:00 Tai Chi 2:00 Tai Chi (Adv)	1/10 9:00 Yoga 12:00 Lunch Club 60 2:00 Square Dancing
1/13 9:00 Yoga 9:30 NIA 10:00 Arthritis Exercise 12:00 Lunch Club 60 12:45 Online Balance Class	1/14 9:00 Zumba Gold 10:30 Balance 12:00 **Lunch – Beat the Winter Blues 1:00 Tai Chi 2:00 Tai Chi (Adv)	1/15 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 12:00 Lunch Club 60 1:15 Get Fit & Stress Less	1/16 9:00 Zumba Gold 9:00 **AARP Driver's Safety 9:30 **Tech w/Ginny 10:00 **Movie – Breakfast at Tiffany's 1:00 Tai Chi 2:00 Tai Chi (Adv)	1/17 9:00 Yoga 9:30 Craft Club 12:00 Lunch Club 60 2:00 Square Dancing
1/20 9:00 Yoga 9:30 NIA 10:00 Arthritis Exercise 12:45 Online Balance Class	1/21 9:00 Zumba Gold 10:30 Balance 1:00 Tai Chi 2:00 Tai Chi (Adv)	1/22 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 12:00 Lunch Club 60 1:15 Get Fit & Stress Less	1/23 9:00 Zumba Gold 9:30 **Tech w/Ginny 10:00 **Trip – Strong Museum of Play 1:00 Tai Chi 2:00 Tai Chi (Adv)	1/24 9:00 Yoga 12:00 Lunch Club 60 2:00 Square Dancing
1/27 9:00 Yoga 10:00 Arthritis Exercise 12:00 Lunch Club 60	1/28 9:00 Zumba Gold 10:30 Balance 12:00 **Lunch – Winter Party 1:00 Tai Chi 2:00 Tai Chi (Adv)	1/29 9:30 Beg Line Dance Arthritis Fitness Adv Line Dance Lunch Club 60 Get Fit & Stress Less	1/30 9:00 Zumba Gold 9:30 **Tech w/Ginny 11:00 Intergenerational Club-Pizza Party 1:00 Tai Chi 2:00 Tai Chi (Adv)	1/31 9:00 Yoga 12:00 Lunch Club 60 2:00 Square Dancing