


Senior Center Activity Calendar

March 2010

Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>9:30 Gerofit LL</p> <p>10:45 Dominoes UL</p> <p>11:30 Lunch UL</p> <p>1:00 ACBL Bridge LL</p> <p>6:00 Tai Chi UL</p>	<p>2</p> <p>9:30 Silver Sneakers LL</p> <p>10:30 Hometown Band UL</p> <p>11:30 Lunch UL</p> <p>12:30 Needleworkers LL</p> <p>2 & 5 Basket Class LL</p>	<p>3</p> <p>9 - 12 Massages UL</p> <p>9:30 Gerofit LL</p> <p>10:30 Senior Saints UL</p> <p>11:30 Lunch UL</p> <p>7:30 ACBL Bridge LL</p>	<p>4 9:30 Silver Sneakers LL</p> <p>11:00 Senior Medicare</p> <p>Fraud Program UL</p> <p>11:30 Lunch UL</p> <p>5:45 Weight Watchers LL</p> <p>6:00 Ballroom Dance UL</p>	<p>5</p> <p>9:30 Gerofit LL</p> <p>10:15 Bingo w/PHS UL</p> <p>10:45 Bingo UL</p> <p>11:30 Lunch UL</p> <p>5:30 Pay to Play Bingo UL</p>	<p>6</p> <p>7:00 Dance</p> <p>Milo Bowes Band UL</p>
<p>8</p> <p>9:30 Gerofit LL</p> <p>10:45 Rev. Sandy Jones UL</p> <p>11:30 Lunch UL</p> <p>1:00 ACBL Bridge LL</p> <p>6:00 Tai Chi UL</p>	<p>9</p> <p>Trip to Hamricks— Sign up</p> <p>9:30 Silver Sneakers LL</p> <p>11:30 Lunch UL</p> <p>12:30 Needleworkers LL</p> <p>2 & 5 Basket Class LL</p>	<p>10</p> <p>Art Class 8 - 5 LL</p> <p>9:30 Gerofit LL</p> <p>10:30 Senior Saints UL</p> <p>11:30 Lunch UL</p> <p>7:30 ACBL Bridge LL</p>	<p>11 9:30 Silver Sneakers LL</p> <p>11:00 Senior Fraud UL</p> <p>11:30 Lunch UL</p> <p>12:30 Lena Tuck ESC UL</p> <p>1:00 Duplicate Bridge LL</p> <p>5:45 Weight Watchers LL</p> <p>6:00 Ballroom Dance UL</p> <p>7:00 Line Dance Class UL</p>	<p>12</p> <p>9:30 Gerofit LL</p> <p>10:15 Bingo w/PHS UL</p> <p>10:45 Bingo UL</p> <p>11:30 Lunch UL</p> <p>7:30 Line Dance LL</p>	<p>13</p>
<p>15</p> <p>9:30 Gerofit LL</p> <p>10:45 Theresa Baptist UL</p> <p>11:30 Lunch UL</p> <p>1:00 ACBL Bridge LL</p> <p>6:00 Tai Chi UL</p>	<p>16 9:30 Silver Sneakers LL</p> <p>11:00 Curves— Diabetes UL</p> <p>11:00 Legal Aide CR</p> <p>11:30 Lunch UL</p> <p>12:30 Needleworkers LL</p> <p>1:00 AARP Exec Meet UL</p> <p>2:00 AARP Gen Meet UL</p>	<p>17</p> <p>9:30 Gerofit LL</p> <p>10:30 Senior Saints UL</p> <p>11:30 Lunch UL</p> <p>7:30 ACBL Bridge LL</p>	<p>18 9:30 Silver Sneakers LL</p> <p>10:45 Rox Fire Dept UL</p> <p>11:30 Lunch UL</p> <p>5:45 Weight Watchers LL</p> <p>6:00 Ballroom Dance UL</p> <p>7:00 Line Dance Class UL</p> <p>7:00 DAV Meeting CR</p>	<p>19</p> <p>9:30 Gerofit LL</p> <p>10:15 Bingo w/PHS UL</p> <p>10:45 Bingo UL</p> <p>11:30 Lunch UL</p>	<p>20</p>
<p>22 Art Class 8 - 5</p> <p>9:30 Gerofit LL</p> <p>10:45 Old Mt Zion UL</p> <p>11:30 Lunch UL</p> <p>1:00 ACBL Bridge LL</p> <p>6:00 Tai Chi UL</p>	<p>23</p> <p>9:30 Silver Sneakers LL</p> <p>11:00 Legislative Update</p> <p>11:30 Lunch UL</p> <p>12:30 Needleworkers LL</p>	<p>24</p> <p>9:30 Gerofit LL</p> <p>10:30 Senior Saints UL</p> <p>11:30 Lunch UL</p> <p>7:30 ACBL Bridge LL</p>	<p>25 Social Security 9-3</p> <p>9:30 Silver Sneakers LL</p> <p>11:00 Energy Efficiency UL</p> <p>11:30 Lunch UL</p> <p>1:00 Duplicate Bridge LL</p> <p>5:45 Weight Watchers LL</p> <p>6:00 Ballroom Dance UL</p> <p>7:00 Line Dance Class UL</p>	<p>26</p> <p>9:30 Gerofit LL</p> <p>10:15 Bingo w/PHS UL</p> <p>10:45 Bingo UL</p> <p>11:30 Lunch UL</p> <p>7:30 Line Dance LL</p>	<p>27</p> <p>7:00 Dance</p> <p>Bill McKellar and Friends UL</p>
<p>29</p> <p>9:30 Gerofit LL</p> <p>11:30 Lunch UL</p> <p>1:00 ACBL Bridge LL</p> <p>6:00 Tai Chi</p>	<p>30</p> <p>9:30 Silver Sneakers LL</p> <p>11:30 Lunch UL</p> <p>12:30 Needleworkers LL</p> <p>7:00 Historical Society LL</p>	<p>31 Adult Day Respite 11 - 3</p> <p>9:30 Gerofit LL</p> <p>10:30 Senior Saints UL</p> <p>11:30 Lunch UL</p> <p>7:30 ACBL Bridge LL</p>	<p>Fitness Center Hours</p> <p>M-Th 8 am—7 pm</p> <p>F—8 am—4 pm</p>	<p>UL—Upper Level</p> <p>LL—Lower Level</p> <p>CR—Computer Room</p>	<p>AARP Tax Aide</p> <p>Tuesday & Wednesday</p> <p>9 am—12 pm</p>

Senior Center Activity Calendar

April 2010

Mon	Tue	Wed	Thu	Fri	Sat
<i>Fitness Center Hours</i> <i>M-Th 8 am—7 pm</i> <i>F—8 am—4 pm</i>	<i>UL—Upper Level</i> <i>LL—Lower Level</i> <i>CR—Computer Room</i>	<i>AARP Tax Aide</i> <i>Tuesday & Wednesday</i> <i>9 am—12 pm</i> <i>Through April 15</i>	<i>1 Senior Games Opening Day Leave at 7:45 am</i> <i>9:30 Silver Sneakers LL</i> <i>11:30 Lunch UL</i> <i>5:45 Weight Watchers LL</i> <i>6:00 Ballroom Dance UL</i> <i>7:00 Line Dance Class UL</i>	<i>2 Good Friday</i> <i>Center Closed</i> 	<i>3 7:00 Dance</i> <i>Milo Bowes Band</i> <i>UL</i>
<i>5 9:30 Gerofit LL</i> <i>10:00 NARFE CR</i> <i>10:45 Barry Russell</i> <i>Devotional UL</i> <i>11:30 Lunch UL</i> <i>1:00 ACBL Bridge LL</i> <i>6:00 Tai Chi UL</i>	<i>6 Senior Games Shuffle</i> <i>Board Leave at 7:45 am</i> <i>9:30 Silver Sneakers LL</i> <i>10:30 Hometown Band UL</i> <i>11:30 Lunch UL</i> <i>12:30 Needleworkers LL</i> <i>2 & 5 Basket Class LL</i>	<i>7</i> <i>9:30 Gerofit LL</i> <i>10:30 Senior Saints UL</i> <i>11:30 Lunch UL</i> <i>7:30 ACBL Bridge LL</i>	<i>8 9:30 Silver Sneakers LL</i> <i>11:30 Lunch UL</i> <i>12:30 Lena Tuck ESC UL</i> <i>1:00 Duplicate Bridge LL</i> <i>5:45 Weight Watchers LL</i> <i>6:00 Ballroom Dance UL</i> <i>7:00 Line Dance Class UL</i>	<i>9</i> <i>9:30 Gerofit LL</i> <i>10:15 Bingo w/PHS UL</i> <i>10:45 Bingo UL</i> <i>11:30 Lunch UL</i> <i>7:30 Line Dance LL</i>	<i>10</i>
<i>12</i> <i>9:30 Gerofit LL</i> <i>10:45 Keith Kimball</i> <i>Devotional UL</i> <i>11:30 Lunch UL</i> <i>1:00 ACBL Bridge LL</i> <i>6:00 Tai Chi UL</i>	<i>13</i> <i>9:30 Silver Sneakers LL</i> <i>11:30 Lunch UL</i> <i>12:30 Needleworkers LL</i>	<i>14</i> <i>9:30 Gerofit LL</i> <i>10:30 Senior Saints UL</i> <i>11:30 Lunch UL</i> <i>7:30 ACBL Bridge LL</i>	<i>15 9:30 Silver Sneakers LL</i> <i>10:45 Rox Fire Dept UL</i> <i>11:30 Lunch UL</i> <i>5:45 Weight Watchers LL</i> <i>6:00 Ballroom Dance UL</i> <i>7:00 Line Dance Class UL</i> <i>7:00 DAV Meeting CR</i>	<i>16</i> <i>9:30 Gerofit LL</i> <i>10:15 Bingo w/PHS UL</i> <i>10:45 Bingo UL</i> <i>11:30 Lunch UL</i>	<i>17</i>
<i>19</i> <i>9:30 Gerofit LL</i> <i>10:45 First Baptist UL</i> <i>11:30 Lunch UL</i> <i>1:00 ACBL Bridge LL</i> <i>6:00 Tai Chi UL</i>	<i>20 Senior Games Bowling</i> <i>@ Palace Pointe 10 am</i> <i>9:30 Silver Sneakers LL</i> <i>11:00 Curves-Cholester. UL</i> <i>11:00 Legal Aide CR</i> <i>11:30 Lunch UL</i> <i>12:30 Needleworkers LL</i> <i>1 & 2 AARP Meetings UL</i>	<i>21</i> <i>9:30 Gerofit LL</i> <i>10:30 Senior Saints UL</i> <i>11:30 Lunch UL</i> <i>7:30 ACBL Bridge LL</i>	<i>22 Senior Games Golf Day</i> <i>9:30 Silver Sneakers LL</i> <i>11:30 Lunch UL</i> <i>1:00 Duplicate Bridge LL</i> <i>5:45 Weight Watchers LL</i> <i>6:00 Ballroom Dance UL</i> <i>7:00 Line Dance Class UL</i>	<i>23 Trip to Southern</i> <i>Womens Show— Sign up</i> <i>9:30 Gerofit LL</i> <i>10:15 Bingo w/PHS UL</i> <i>10:45 Bingo UL</i> <i>11:30 Lunch UL</i> <i>7:30 Line Dance LL</i>	<i>24</i> <i>7:00 Dacne</i> <i>Bill McKellar and</i> <i>Friends</i> <i>UL</i>
<i>26</i> <i>9:30 Gerofit LL</i> <i>10:45 Rev. Watlington</i> <i>Devotional UL</i> <i>11:30 Lunch UL</i> <i>1:30 ACBL Bridge LL</i> <i>6:00 Tai Chi UL</i>	<i>27 Senior Games Bowling</i> <i>and Billiards @ Palace</i> <i>Pointe 10 am</i> <i>9:30 Silver Sneakers LL</i> <i>11:30 Lunch UL</i> <i>12:30 Needleworkers UL</i> <i>7:00 Historical Society LL</i>	<i>28</i> <i>11- 3 Adult Day Respite</i> <i>9:30 Gerofit LL</i> <i>10:30 Senior Saints UL</i> <i>11:30 Lunch UL</i> <i>7:30 ACBL Bridge LL</i>	<i>29 Social Security 9-3</i> <i>9:30 Silver Sneakers LL</i> <i>11:30 Lunch UL</i> <i>5:45 Weight Watchers LL</i> <i>6:00 Ballroom Dance UL</i> <i>7:00 Line Dance Class UL</i>	<i>30</i> <i>9:30 Gerofit LL</i> <i>10:15 Bingo w/ PHS UL</i> <i>10:45 Bingo UL</i> <i>11:30 Lunch UL</i>	