

JANUARY

Mon

Tue

Wed

Thu

Fri

Instructors

Susanne Small
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Rosalie Giudice
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Township Website:
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1
Happy New Year
Building closed

2
10:00 ART GROUP
10:00 Chair Yoga
11:15 Body toning
12:30 Watercolor
12:30 Bridge
2:00 Zumba

3
10:00 Current Events
Discussion Group
12:00 Elton Johnish Performance
Bring your own lunch
Refreshments will Be served

4
9:00 FUNctionally Fit
10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

Monday:
PILATES
Gina Pano Baumann
ZUMBA and Arthritis Class
Mary Lee Costello



7
9:30 Bridge
10:00 Pilates
11:00 Zumba
12:15 Arthritis Class
12:30 Mahjong

8
NO Line Dancing
11:00 Aerobics
12:00 YOGA
12:15 Canasta
1:00 Woodcarving
1:30 Blood-pressure

9
10:00 ART GROUP
10:00 Chair Yoga
11:15 Body toning
12:30 Watercolor
12:30 Bridge
2:00 Zumba

10
10:00 Current Events
Discussion Group
12:00 Club Meeting Bingo

11
9:00 FUNctionally Fit
10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

Tuesday
Line Dancing
Helene Heschle
Aerobics
Donna Baccaro
Yoga
Margrit Eddy

Bring your own lunch
Refreshments will be served

14
9:30 Bridge
10:00 Pilates
11:00 Zumba
12:15 Arthritis Class
12:30 Mahjong

15
10:00 Line Dancing
11:00 Aerobics
12:00 YOGA
12:15 Canasta
1:00 Woodcarving

16
10:00 Sr. Advisory Board Mtg.
10:00 ART GROUP
10:00 Chair Yoga
11:15 Body toning
12:30 Watercolor
12:30 Bridge
2:00 Zumba

17
10:00 Current Events
Discussion Group
12:00 Movie Day
Bring your own lunch
Refreshments will Be served

18
9:00 FUNctionally Fit
10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

Wednesday:
Chair Yoga
Diane Davis
Body-toning
Michelle Bufis
Watercolor /Acrylics
Peggy Dressel
Zumba
Shelley Capener

In the event of bad weather, our office may be closed or activities may be cancelled.

21
Martin Luther King Day
observed
Building closed

22
10:00 Line Dancing
11:00 Aerobics
12:00 YOGA
12:15 Canasta
1:00 Woodcarving

23
10:00 ART GROUP
10:00 Chair Yoga
11:15 Body toning
12:30 Watercolor
12:30 Bridge
2:00 Zumba

24
10:00 Current Events
Discussion Group
12:00 Club Meeting Bingo

25
9:00 FUNctionally Fit
10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

Thursday
Current Events
Discussion
Phil McLewin
Every 2nd and 4th Senior Club

Please check the new time for Body-toning At 11:15 am

28
9:30 Bridge
10:00 Pilates
11:00 Zumba
12:15 Arthritis Class
12:30 Mahjong

29
10:00 Line Dancing
11:00 Aerobics
12:00 YOGA
12:15 Canasta
1:00 Woodcarving

30
10:00 ART GROUP
10:00 Chair Yoga
11:15 Body toning
12:30 Watercolor
12:30 Bridge
2:00 Zumba

31
10:00 Current Events
Discussion Group



Friday:
Yoga
MaryAnn Gebhardt
Jazz
Donna Baccaro
FUNctionally Fit
Jeffrey Warley