



DEC 31-JAN 13

MONTH

SUN MON TUE WED THU FRI SAT

31
9:00a-Low Impact Aerobics
11:00a-Morning Swim
6:30p-Bingo

1
11:00a-DIY Nail Polish
2:30p-Poker
5:00p-Water Aerobics

2
12:00p-Reel 2 Reel
5:00p-Line Dancing
6:00p-Fun with Limericks

3
1:00p-Tech Time
1-5p-Farmers Market
5:00p-Aqua Tai Chi

4
9:30a-Doughnut Social
10:00a-Cardio and Strength Blast
3:00p-Poker 101

5
12:00p-View and Review
2:00p-Button Flag Art
5:00p Line Dancing

6
10:00a-Walk Challenge
6:00p-Evening Swim
7:00p-Trivia Pursuit

7
9:00a-Low Impact Aerobics
11:00a-Morning Swim
6:30p-Bingo

8
11:00a-DIY Nail Polish
2:30p-Poker
5:00p-Water Aerobics

9
12:00p-Reel 2 Reel
5:00p-Line Dancing
6:00p-Fun with Limericks

10
1:00p-Tech Time
1-5p-Farmers Market
5:00p-Aqua Tai Chi

11
9:30a-Doughnut Social
10:00a-Cardio and Strength Blast
3:00p-Poker 101

12
12:00p-View and Review
2:00p-Button Flag Art
5:00p Line Dancing

13
10:00a-Walk Challenge
6:00p-Evening Swim
7:00p-Trivia Pursuit