

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1><u>January</u></h1> <h1><u>2010</u></h1>				<p>1</p> <p>Center Closed for New Year's Holiday</p>
4	5	6	7	8
<p>8:45-9:45 Tai Chi (canceled)</p> <p>9-12- Pool Cues</p> <p>10-11:30 Low Vision Group</p> <p>10 Line Dance (pre-register)</p> <p>11:45- Lunch - Macaroni/Cheese Chicken Pattie</p> <p>12:45-1:45 Beyond Balance (pre-reg)</p> <p>1 Monday Games</p> <p>1 NewsTalk</p> <p>2- Yoga (chairs)</p>	<p>9-10- Aerobics</p> <p>9-10- Beginning Spanish</p> <p>10-11:30 Bridge Lessons</p> <p>10:30 Muscle Conditioning</p> <p>10:30-11:30 Intermediate Spanish</p> <p>11:45- Lunch Greek Chicken Seafood Salad Dialogue w/ Director</p> <p>1 Movie/discussion group</p> <p>1 Bingo</p> <p>1:30 Swing Band</p>	<p>9-12 Health Clinic</p> <p>9-12:30- Pool Cues</p> <p>9:30 – Fine Art Studio</p> <p>9-10:30 Chamber Music</p> <p>10 Book Club</p> <p>11-12 Pilates</p> <p>11:45- Lunch- Beef Stew Chef Salad Vic King- piano</p> <p>1 Movie -"It Runs in the Family"</p> <p>1 Duplicate Bridge</p> <p>1- SHINE pre-reg ister</p>	<p>8:55-9:55 Line Dance II (pre-register)</p> <p>10- Knitting</p> <p>10 Options/ Benefits Info. Session</p> <p>10:05- Current Events/ Speakers</p> <p>10:30- Mandarin Chinese</p> <p>11:45-12:45 Tai-Chi (canceled)</p> <p>11:45- Lunch – Winter Special Seafood Fettucini Alfredo 12:30- Ceramics (pre-reg)</p> <p>1- Yoga (chairs)</p> <p>1-Thursday Games</p> <p>1:30 - French Salon</p> <p>2-Yoga (mats)</p>	<p>9-12- Health Clinic</p> <p>10-11 Japanese</p> <p>9-10 Aerobics</p> <p>10:30- Muscle Conditioning</p> <p>11:30-12:30 Beyond Balance (pre-reg)</p> <p>11:45- Lunch- Roast Turkey Roast Beef Plate Harold Kaswell- piano</p> <p>12- Chess Nuts & lessons</p> <p>12-2 Legal Appointments</p> <p>1-3:30 Drop-in Computer Help</p> <p>1 Chinese Painting- pre-reg</p> <p>1- Scrabble</p> <p>1- Poker</p> <p>1-Bingo</p> <p>1- Foreign Film</p> <p>1-3:30 FABB Center-pre-reg.</p>
11	12	13	14	15
<p>8:45-9:45 Tai Chi</p> <p>9-12- Pool Cues</p> <p>10-11 Line Dance (pre-register)</p> <p>11:45- Lunch - Chicken Paprika Egg Salad</p> <p>12:45-1:45 Beyond Balance (pre-reg)</p> <p>1 Monday Games</p> <p>1 NewsTalk-</p> <p>2- Yoga (chairs)</p>	<p>9-10- Aerobics</p> <p>9-10- Beginning Spanish</p> <p>10-11:30 Bridge Lessons</p> <p>10:30 Muscle Conditioning</p> <p>10:30-11:30 Intermediate Spanish</p> <p>11:45- Lunch American Chop Suey Ham & Cheese</p> <p>1 – Movie/Discussion Group</p> <p>1-Bingo</p> <p>1:30 Swing Band</p>	<p>9-12 Health Clinic</p> <p>9-12:30- Pool Cues</p> <p>9:30 – Fine Art Studio</p> <p>9-10:30 Chamber Music</p> <p>10-11 Senate Candidates (snow date)</p> <p>10 Book Club (snow date)</p> <p>11-12 Pilates</p> <p>11:45- Lunch- Baked Haddock Chicken Salad</p> <p>BISTRO LUNCH EVENT! Food & Entertainment</p> <p>1 Movie- "Cinderella Man"</p> <p>1- Duplicate Bridge</p> <p>1- SHINE</p>	<p>8:55-9:55 Line Dance II (pre-register)</p> <p>10- Knitting)</p> <p>10:05- Current Events/Speaker</p> <p>10:30- Mandarin Chinese</p> <p>11:45- Lunch – Ham & Pasta Bake Tuna Salad</p> <p>11:45-12:45 Tai-Chi</p> <p>12:30- Ceramics (pre-register)</p> <p>1 Flower Arranging (pre-register)</p> <p>1- Yoga (chairs)</p> <p>1-Thursday Games</p> <p>1:30 - French Salon</p> <p>2-Yoga (mats)</p>	<p>9-12- Health Clinic</p> <p>10-11 Japanese</p> <p>9-10 Aerobics</p> <p>9-12:30 Pool Cues</p> <p>10 The Doctor Is In - Joint Health</p> <p>10:30- Muscle Conditioning</p> <p>11:30-12:30 Beyond Balance (pre-reg)</p> <p>11:45- Lunch- Meatloaf Turkey & Cheese Vic King -Piano</p> <p>12- Chess Nuts & lessons</p> <p>1-3:30 Drop-in Computer Help</p> <p>1 Chinese Painting. (pre-reg)</p> <p>1- Scrabble</p> <p>1- Poker</p> <p>1-Bingo</p> <p>1- Foreign Film</p> <p>1-3:30 FABB Center pre-reg</p>
18	19	20	21	22
<p>Center Closed for Martin Luther King Holiday</p>	<p>9-10- Aerobics</p> <p>9-10- Beginning Spanish</p> <p>10-11:30 Bridge Lessons</p> <p>10:30 Muscle Conditioning</p> <p>10:30-11:30 Intermediate Spanish</p> <p>11:45- Lunch Hot Dog Tuna Salad</p> <p>1-Bingo</p> <p>1 Movie/discussion group</p> <p>1:30 Swing Band</p> <p style="text-align: center;">SPECIAL ELECTION DAY PLEASE VOTE!</p>	<p>9-12 Health Clinic</p> <p>9-12:30- Pool Cues</p> <p>9:30 – Fine Art Studio</p> <p>9-10:30 Chamber Music</p> <p>10 Book Club</p> <p>11-12 Pilates</p> <p>11:45- Lunch- Lemon Dijon Chicken Egg Salad Vic King- piano</p> <p>1 Movie-"Julie & Julia"</p> <p>1- Duplicate Bridge</p> <p>1- SHINE</p>	<p>8:55-9:55 Line Dance II (pre-register)</p> <p>10 Knitting</p> <p>10:05- Current Events/Speaker</p> <p>10:30- Mandarin Chinese</p> <p>11:45- Lunch – Baked Fish California Chicken Salad</p> <p>11:45-12:45 Tai-Chi</p> <p>12:30- Ceramics (pre-register)</p> <p>1- Yoga (chairs)</p> <p>1-Thursday Games</p> <p>1:30 - French Salon</p> <p>2-Yoga (mats)</p>	<p>9-12- Health Clinic</p> <p>10-11 Japanese</p> <p>9-10 Aerobics</p> <p>10 The Century</p> <p>9-12:30 Pool Cues</p> <p>10:30- Muscle Conditioning</p> <p>11:30-12:30 Beyond Balance (pre-reg)</p> <p>11:45- Lunch- Stuffed Ziti Turkey & Cheese Vic King- piano</p> <p>12- Chess Nuts & lessons</p> <p>1-3:30 Drop-in Computer Help</p> <p>1 Chinese Painting. (pre-reg)</p> <p>1- Scrabble</p> <p>1- Poker</p> <p>1-Bingo</p> <p>1- Foreign Film</p> <p>1-3:30 FABB Center pre-reg</p>
25	26	27	28	29
<p>8:45-9:45 Tai Chi</p> <p>9-12- Pool Cues</p> <p>10 Line Dance (pre-register)</p> <p>11:45- Lunch - Pier # 17 Fish Chicken Pattie</p> <p>12:45-1:45 Beyond Balance (pre-reg)</p> <p>1 Monday Games</p> <p>1 NewsTalk</p> <p>2- Yoga (chairs)</p>	<p>9-10- Aerobics</p> <p>9-10- Beginning Spanish</p> <p>10-11:30 Bridge Lessons</p> <p>10:30 Muscle Conditioning</p> <p>10:30-11:30 Intermediate Spanish</p> <p>11:45- Lunch Cheese Lasagna Roast Beef & Cheese Suzuki School Concert</p> <p>1 Movie/discussion group</p> <p>1-Bingo</p> <p>1:30 Swing Band</p>	<p>9-12 Health Clinic</p> <p>9-12:30- Pool Cues</p> <p>9:30 – Fine Art Studio</p> <p>9-10:30 Chamber Music</p> <p>10 Book Club (snow date)</p> <p>11-12 Pilates</p> <p>11:45- Lunch- Apple Glazed Roast Pork Turkey & Cheese Vic King- piano</p> <p>1 Movie-"Staten Island"</p> <p>1- Duplicate Bridge</p> <p>1- SHINE</p>	<p>8:55-9:55 Line Dance II (pre-register)</p> <p>10- Knitting</p> <p>10:05- Current Events/Speaker</p> <p>"Veteran's Benefits Talk"</p> <p>10:30- Mandarin Chinese</p> <p>11:45- Lunch – Creamy Italian Chicken Egg Salad</p> <p>11:45-12:45 Tai-Chi</p> <p>12:30- Ceramics (pre-register)</p> <p>1 Flower Arranging (pre-register)</p> <p style="text-align: center;">Snow date</p> <p>1- Yoga (chairs)</p> <p>1-Thursday Games</p> <p>1:30 - French Salon</p> <p>2-Yoga (mats)</p>	<p>9-12- Health Clinic</p> <p>10-11 Japanese</p> <p>9-10 Aerobics</p> <p>10 The Century</p> <p>9-12:30 Pool Cues</p> <p>10:30- Muscle Conditioning</p> <p>11:30-12:30 Beyond Balance (pre-reg)</p> <p>11:45- Lunch- Beef Stir Fry Chicken Salad Suzuki School Concert snow date</p> <p>12- Chess Nuts & lessons</p> <p>1-3:30 Drop-in Computer Help</p> <p>1 Chinese Painting. (pre-reg)</p> <p>1- Scrabble</p> <p>1- Poker</p> <p>1-Bingo</p> <p>1- Foreign Film</p> <p>1-3:30 FABB Center pre-reg</p>