



January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1	3	3
		SENIOR CENTER CLOSED Happy New Year!	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
6	7	8	9	10
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 BINGO with Pax Hospice 1:00 NEW SESSION Bridge Lessons	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 9:30 Vet to Vet Cafe 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
13	14	15	16	17
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Line Dancing 1:00 NEW SESSION Bridge Lessons	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Step-By-Step Painting with Covenant Caregivers	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
20	21	22	23	24
SENIOR CENTER CLOSED Martin Luther King Jr. Day	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Lessons of Art 12:00 Bridge 1:00 Art & Friends 1:00 Lunch & Learn New Year, New U Visiting Angels	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 11:30 Luncheon \$10 Light of Entertainment 12:00 Dominoes
27	28	29	30	31
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Line Dancing 1:00 NEW SESSION Bridge Lessons	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 2:00 Book Club	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes

*Purple –RSVP Required *Blue – Fitness Classes *Red – Fee Required

Fitness Class Descriptions

Sit & Be Fit (Beginner) 45 min	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, cardio health, and muscle endurance. (45 min)
Cardio Combo! (Beg/Intermediate) 45 min	Low impact standing cardio exercise for improved heart health, coordination, and balance. Class includes standing cardio and seated strength training. (45 min)
Beginner Yoga	Yoga exercises are performed in a series of graceful, rhythmic, slow-motion movements with a brief “holding period” for certain positions while on a mat.
Tai Chi (Beginner) 45 min	A graceful form of exercise used for stress reduction and a variety of other health conditions. A series of movements performed in a slow, focused manner, accompanied by deep breathing.

Activities

Lessons of Art Art & Friends	Join our instructor to learn the fundamentals of art and then come and enjoy time with friends that share in their love of art. Bring your own projects and supplies.
Bible Study	A meaningful time of Christian fellowship with a guided, nondenominational Bible lesson.
Bingo with Pax Hospice	Come and celebrate our January birthdays with a FUN game of BINGO! Filled with prizes and birthday sweets!
Book Club	<i>The Scarlet Thread</i> by Francine Rivers
Bridge	We have two Bridge groups active: Experienced Bridge and Beginner Bridge. Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
Bridge Lessons	New Session Alert! If you’ve been wanting to learn how to play Bridge, this is your chance! Lessons will be on Monday’s at 1:00pm for 6 weeks.
Hand and Foot Dominoes	All cards and games are open to all levels. If you are not sure how to play, come and sit alongside an experienced player to learn.
Dulcimer	The Dulcimer is a fretted stringed instrument with 3 or 4 strings that is played by strumming as it sits in your lap. All levels welcome.
Introduction to Spanish	New addition to the calendar! You will learn the very basics of the Spanish language such as pronunciation and grammar and practical vocabulary. And when you’re ready, you can graduate to Spanish I & II!!
Line Dancing	Line Dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music. All levels welcome!!
Luncheon	You do not want to miss this one! Light of Entertainment, LLC will be here to entertain you and leave you with a joyful experience! Complete with their hosts, musicians, comedians, DJ’s and more!
Lunch & Learn	It’s a new year so why not a new you?? Join Visiting Angels and learn various ways to live well in 2025 and staying active in the winter months.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Step-By-Step Painting	Come be the artist you never thought you could be! Natalie with Covenant Caregivers will take you step-by-step as you paint your very own birch tree painting.
Vet to Vet Cafe	Are you a veteran? Or the spouse of a Veteran? Please join us for the Vet to Vet Café on Thursday, January 9 th at 9:30am. This months speaker will be Melissa Lyles with the VA Crisis Line/Suicide Prevention. The Vet to Vet Café will meet the 2 nd Thursday of each month at 9:30am. Breakfast will be served.