

JANUARY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 A.M. YOGO 1:00 P.M. PITCH	4 10:00 A.M. BODY BASIC 1:00 P.M. PINOCHLE	5 9:00 A.M. QI GONG 1:00 P.M. PITCH	6 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	7 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
10 9:00 A.M. YOGA 1:00 P.M. PITCH	11 10:00 A.M. BODY BASIC 1:00 P.M. PINOCHLE	12 BIRTHDAY/ANNIV 9:00 A.M. QI GONG 11:30 A.M. BLOOD PRESSURE 1:00 P.M. KEVIN & HEIDI CHENG	13 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	14 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
17 CLOSED	18 9:00 A.M. BEGINNER COMPUTER CLASS 10:00 A.M. BODY BASIC 1:00 P.M. PINOCHLE FOOT CLINIC	19 9:00 A.M. QI GONG 1:00 P.M. PITCH	20 BREAKFAST 9:00 A.M. RESISTANCE BANDS 9:30 A.M. BREAKFAST-BINGO 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	21 8:30 or 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
24 9:00 A.M. YOGA 1:00 P.M. PITCH	25 10:00 A.M. BODY BASIC 1:00 P.M. PINOCHLE	26 9:00 A.M. QI GONG 1:00 P.M. PITCH	27 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	28 POTATO BAKE 5:00-7:00
31 9:00 A.M. YOGA 1:00 P.M. PITCH				