

January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9-10: Lean & Fit 10:15-11 Mat Pilates 10:30: Advisory Board Mtg 12-1: Tai Chi Fusion 12:00: Chess Club 1:30: Strong For Life	3 9-10 Essentrics 10:15: Gentle Yoga 12-4: Pinochle 12-1: Mind-eroize 1-4: Hand & Foot 1:30: Line Dancing	4 8-9 Mix It Up! 9-10 Active Bodies 10-11 Mind Matters 11-12 Tai Chi Gong 12-1: ChairrYoga 1-4: Hand & Foot	5 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1: Arts & Crafts 12-1: Essentrics 1:30: Better Bones 5:30-6:30: Zumba	6 9-10: Total Body Strength 10:15: Gentle Yoga 1-4: National Mah Jong Freddy's Fundraiser (all day)
9 9-10: Lean & Fit 10:15-11 Mat Pilates 10:30: Advisory Board Mtg 12-1: Tai Chi Fusion 12:00: Chess Club 1:30: Strong For Life	10 9-10 Essentrics 10:15: Gentle Yoga 12-4: Pinochle 12-1: Mind-eroize 1-4: Hand & Foot 1:30: Line Dancing 5-6: Yoga	11 8-9 Mix It Up! 9-10 Active Bodies 9:30 Oil & Acrylics 10-11 Mind Matters 11-12 Tai Chi Gong 12-1: ChairrYoga 1-4: Hand & Foot	12 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1: Arts & Crafts 12-1: Essentrics 1:30: Better Bones 5:30-6:30: Zumba 5-6: Yoga	13 9-10: Total Body Strength 10-15-11: Gentle Yoga 11-12 Book Club 1-3: Bunco 1-4: National Mah Jong
16 9-10: Lean & Fit 10:15-11 Mat Pilates 11-1 Valentine's Potluck 12-1: Tai Chi Fusion 12:00: Chess Club 1:30: Strong For Life	17 9-10 Essentrics 10:15: Gentle Yoga 12-4: Pinochle 12-1: Mind-eroize 1-4: Hand & Foot 1:30: Line Dancing 5-6: Yoga	18 8-9 Mix It Up! 9-10 Active Bodies 9:30 Oil & Acrylics 10-11 Mind Matters 11-12 Tai Chi Gong 12-1: Chair Yoga 1-2: Bingo RSVP 1-4: Hand & Foot	19 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1 Arts & Crafts 12-1: Essentrics 1:30: Better Bones 5:30-6:30: Zumba 5-6: : Yoga	20 9-10: Total Body Strength 10:15-11: Gentle Yoga 1-4: National Mah Jong
23 9-10: Lean & Fit 10:15-11 Mat Pilates 12-1: Tai Chi Fusion 12:00 Chess Club 1:30: Strong For Life	24 9-10 Essentrics 10:15: Gentle Yoga 12-4: Pinochle 12-1: Mind-eroize 1-4: Hand & Foot 1:30: Line Dancing 5-6: Yoga	25 8-9 Mix It Up! 9-10 Active Bodies 9:30 Oil & Acrylics 10-11 Mind Matters 11-12 Tai Chi Gong 11-4: Hand & Foot 12-1: Chair Yoga	26 9-10: Zumba Gold 11-12: Tai Chi Gong 11-1 Arts & Crafts 12-1: Essentrics 1:30: Better Bones 5:30-6:30: Zumba 5-6: : Yoga	27 9-10: Total Body Strength 10:15-11: Gentle Yoga 1-4: National Mah Jong
30 9-10: Lean & Fit 10:15-11 Mat Pilates 12:00: Chess Club 12-1: Tai Chi Fusion 1:30: Strong For Life	31 9-10 Essentrics 10:15: Gentle Yoga 10:30 Grief Share 12-4: Pinochle 12-1: Mind-eroize 1-4: Hand & Foot 1:30: Line Dancing 5-6: Yoga	Walking Club Monday, Tuesday Wednesday, Friday 11am-2pm	Zumba Saturday 9am Pilates Sunday Noon	Class Prices: \$50 Unlimited/Month \$60 10 Class Punch Card \$8 Drop-In

Active Minds & Bodies (Wednesday 9am) Circuit style workout that incorporates cardio and simple weight training. Suitable for all levels.

Advisory Board Meeting (!st Monday 10:30am) Be an advocate for the senior center! Bring ideas and suggestions to the table. Open to all.

Arts & Crafts (Thursdays 11 AM): We'll continue to work on our diamond paintings. New crafts available! You can join at any time. Please contact Sue, 719-330-0241 for more info.

Bingo (Wednesday, Nov 17, 1-2 PM): Fun and prizes! Please RSVP Sue, 719-330-0241.

Book Club (2nd Friday 11 AM): Please contact Sue, 719-330-0241. Coffee and snacks will be provided.

Lean & Fit (Mondays 9 AM): Muscle conditioning class using a variety of equipment to build strength and endurance. Suitable for all levels.

Building Better Bones and Balance: This is a unique, Pilates-based workout that uses bone strengthening techniques while focusing on alignment and balance. This dynamic class is adaptable for people of all levels, and is also safe for those with osteoporosis.

Bunco (2nd Friday, 1-3 PM): A fun, social dice game of teams of two. Must have a desire to have fun! Lots of luck, and no skill is required. Please bring \$3 and a snack to share.

Chair Yoga (Wednesday 12 PM): Combined seated/standing yoga poses. Improves circulation and range of motion. Promotes stress reduction and mental clarity. Suitable for all levels.

Chess Club (Monday Noon): Beginners welcome.

Gentle Yoga (Tuesday 10:15 AM): A gentle, slower-moving traditional yoga class focusing on strength and alignment. Suitable for all levels.

Grief Share (Last Tuesday 10 AM): Grief Share is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone.

Essentrics (Tuesday 9 AM, Thursday 12 PM): Strengthen your core, lengthen your body, improve flexibility, balance, and mobility. Requires the ability to sit on the floor for at least 20 minutes.

Strong For Life (Mondays 1:30 PM): Circuit style workout that incorporates cardio and simple weight training. Suitable for all levels.

Freddy's Fundraiser 1st Friday All Day) Purchase a meal at Freddy's on Jackson Creek Pkwy and the senior center receives a portion of the proceeds! Be sure to mention the senior center.

Line Dancing (Tuesday 1:30 PM): Brush the dust off you boots and get dancing! All levels are welcome.

Mind Matters (Wednesday 10 AM): Relax and reduce your stress! Enjoy gentle stretching, breathing techniques, energy exercises, mudras, meditation and visualization work. This is a 45 minute class.

Mix It Up! (Wednesday 8 AM): A fun combination of low impact aerobics, simple weight training, and stretching. Suitable for all levels.

Oil & Acrylic Painting (Wednesday 9:30am-Noon) 4 week class starting Jan 11. All levels of painters welcome! \$65 for the 4 sessions. Please RSVP to Sue, 719-330-0241

Pilates (Monday 10:15 AM, Sunday Noon): Strengthen your core, improve flexibility, balance, mobility and create a stronger mind-body connection. Suitable for all levels.

Tai Chi Fusion (Monday Noon): Reduce stress and promote serenity through gentle, flowing movements and deep breathing. Often described as meditation in motion. Suitable for all levels.

Tai Chi Gong (Wednesday 9 AM, Thursday 11 AM)

Total Body Strength (Friday 9 AM): Muscle conditioning class using a variety of equipment to build strength and endurance. Suitable for all levels.

Yoga (Friday 10:15 AM)/ Tues/Thurs 5 PM: Vinyasa flowing style combines a powerful, energetic form of yoga designed to move from one pose to the next while connecting your breathing to your movements. Suitable for all levels.

Zumba (Thursday 5:30 PM; Saturday 9 AM): Combines motivating, high-energy Latin based music with unique dance movements and combinations. Suitable for all levels.

Zumba Gold (Thursday 9 AM): Combines motivating, high-energy Latin based music with unique dance movements and combinations. Suitable for all levels.