## Smith Senior Center — JANUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>A.H.O.Y.</u>	2	3	4 8:15 SAIL Balance Class	Gym 5	6	7
Smith Senior Center       M, T, W, Th, S       9:15 ar         M, W       9:15 ar         Lewis Center       M, W, F       9:15 ar         Leonard Center       M, W, F       9:15 ar         Brown Center       Tu, Th       9:15 an         Peeler Center       Tu, Th       9:15 an         Griffin Center       Tu, Th       10:30 an	n Center Closed for New Year's	8:30 Senior Swim 9:15 Cardio Sculpt Class 10:30 Chair Yoga 1:00 Ballroom Dance Class** 2:00 Senior Swim 5:30 Full Body/Strength Class 6:15 Beginner Zumba	Pool8:15 Senior SwimGym9:15 AHOY10:00 Table Tennis10:00 Basketball Open PlayRm 212:15 Soul Sliding Class**Pool1:00 Quilting ClubGym2:00 Senior SwimGym5:30 AHOY Boot Camp	Pool8:30 Strength for Balance ClassGym8:30 Senior SwimRm 29:15 Cardio Sculpt ClassGym10:00 Legal Services*Gym10:00 Cards & GamesRm 12:00 Senior Swim	Gym9:15 Chair YogaGynPool10:00 Bocce/HorseshoesOutsicGym10:00 Cornhole/ShuffleboardGyr10:30 Yoga on the MatRmm 111:30 Senior SwimPoolPool5:00 Table TennisGyr	le n 2 ol
8 Enjoy coffee in the Lounge Monday - Friday 9 am - 12 noon	9 8:15 SAIL Balance Class 8:15 Senior Swim 9:15 AHOY 10:00 Honey Bee Helpers 10:00 Genealogy Class 10:00 Water Arthritis Class* 10:30 Soul Sliding Class** 2:00 Senior Swim 4:30 Water Aerobics* 5:00 T.O.P.S. Meeting	Gym10Pool8:30 Senior SwimGym9:00 Hearing Screenings*Rm 19:15 Cardio Sculpt ClassRm 210:30 Chair YogaPool11:00 Water Arthritis Class*Gym1:00 Ballroom Dance Class**Pool2:00 Senior SwimRm 25:30 Full Body/Strength Class	Pool <b>11</b> 8:15 SAIL Balance ClassPool8:15 Senior Swim9:15 AHOYGymGym0:00 Adult Coloring Books*10:00 Table Tennis10:00 Basketball Open Play10:00 Water Arthritis Class*12:15 Soul Sliding Class**PoolGymGym2:00 Senior Swim	Gym12Pool8:30 Strength for Balance ClassGym8:30 Senior SwimRm 19:15 Cardio Sculpt ClassRm 210:00 Computer SeminarGym10:00 Cards & GamesPool11:00 Water Arthritis Class*Rm 11:30 Osteoporosis GroupPool2:00 Senior Swim	Pool10:00Water Arthritis Class*PoolSym10:00Bocce/HorseshoesOutsicm 110:00Cornhole/ShuffleboardGyrnge10:30Yoga on the MatRmPool11:30Yoga on the MatRmm 111:30Senior SwimPoolPool12:00Booked for Lunch ClubRm	ol le n 2 2 2 0 1 8:00 Greensboro Social Dance— 1 Lewis Rec. Center
	6:00 Grief Support Group 6:00 Aqua Fit Class*	Gym 5:45 Aqua Fit Class* <b>Rm 2</b> 6:15 Beginner Zumba Pool	Pool       4:30       Water Aerobics*         Gym       5:30       AHOY Boot Camp         6:00       Aqua Fit Class*	Gym 5:45 Aqua Fit Class* F Pool	m 1 5:00 Table Tennis Gyr	
15 *Registration Required	16 Center Closed for	<ul> <li>17 8:30 Senior Swim</li> <li>9:15 Cardio Sculpt Class</li> <li>9:30 Bingo</li> <li>10:30 Chair Yoga</li> </ul>	Pool <b>18</b> 8:15 SAIL Balance ClassGym8:15 Senior SwimRm 19:15 AHOYGym10:00 Yellow Dot Program Q&A10:00 Table Tennis	Gym Rm 1 Bm 28:30 Senior SwimFRm 1 Bm 29:15 Cardio Sculpt ClassC	20Sym9:15 Chair YogaGyuPool10:00 Water Arthritis Class*PoolSym10:00 Bocce/HorseshoesOutsic	ol le
**Drop-in Fee Required	Martin Luther King, Jr Day	<ul> <li>11:00 Water Arthritis Class*</li> <li>11:30 Lunch Bunch*</li> <li>1:00 Ballroom Dance Class**</li> <li>2:00 Senior Swim</li> <li>5:30 Full Body/Strength Class</li> <li>5:45 Aqua Fit Class*</li> <li>6:15 Beginner Zumba</li> </ul>	Pool10:00 Water Arthritis Class*Van10:00 Basketball Open PlayGym12:15 Soul Sliding Class**Pool1:00 Quilting ClubGym2:00 Senior Swim4:30 Water Aerobics*Pool5:30 AHOY Boot CampGym6:00 Aqua Fit Class*	GoodGym10:00Cards & GamesLouGym11:00Water Arthritis Class*IRm 12:00Senior SwimFPool5:15Yoga on the MatR	m 110:00 Cornhole/ShuffleboardGyrnge10:30 Yoga on the MatRmPool11:30 Yoga on the MatRmPool11:30 Senior SwimPoolm 11:00 Movie: "Nine Lives"RmPool5:00 Table TennisGyr	2 2 ol 1
22	<ul> <li>8:15 Senior Swim</li> <li>9:15 AHOY</li> <li>10:00 Honey Bee Helpers</li> <li>10:00 Garden Club Meeting</li> <li>10:00 Water Arthritis Class*</li> <li>10:30 Soul Sliding Class**</li> <li>2:00 Senior Swim</li> <li>4:30 Water Aerobics*</li> <li>5:00 T.O.P.S. Meeting</li> <li>5:30 AHOY Boot Camp</li> <li>6:00 Grief Support Group</li> </ul>	Gym24Pool8:30 Senior SwimGym9:15 Cardio Sculpt ClassRm 110:00 Finances & Indep. SeniorsRm 210:30 Chair YogaPool11:00 Water Arthritis Class*Gym1:00 Ballroom Dance Class**Pool2:00 Senior SwimRm 15:30 Full Body/Strength ClassGym5:45 Aqua Fit Class*Gym5:45 Beginner Zumba	258:15 SAIL Balance ClassPool8:15 Senior SwimGym9:15 AHOY <b>10:00</b> Adult Coloring Books*10:00 Table TennisGym10:00 BP & Glucose ChecksPool10:00 Basketball Open PlayGym10:00 Water Arthritis Class*Pool1:00 Quilting ClubGym2:00 Senior Swim4:30 Water Aerobics*5:30 AHOY Boot Camp6:00 Aqua Fit Class*	Gym8:30 Senior SwimFRm 19:15 Cardio Sculpt ClassCBm 210:00 Cards & GamesLouGym11:00 Water Arthritis Class*FPool2:00 Senior SwimFRm 15:15 Yoga on the MatR	27Sym9:15 Chair YogaGynPool10:00 Water Arthritis Class*PoolSym10:00 Bocce/HorseshoesOutsiceInge10:00 Cornhole/ShuffleboardGynPool10:30 Yoga on the MatRmPool11:30 Yoga on the MatRmInge11:30 Senior SwimPoolStool5:00 Table TennisGyr	ol le n 2 <b>2</b> ol
29	<ul> <li>10:00 Water Arthritis Class*</li> <li>10:30 Soul Sliding Class**</li> <li>12:00 Super Bowl Chili Contest*</li> <li>2:00 Senior Swim</li> <li>4:30 Water Aerobics*</li> <li>5:00 T.O.P.S. Meeting</li> <li>5:30 AHOY Boot Camp</li> <li>6:00 Grief Support Group</li> </ul>	Gym <b>31</b> Pool8:30 Senior SwimGym9:15 Cardio Sculpt ClassRm 2 <b>10:00 Nursing Home Planning</b> Pool10:30 Chair YogaGym11:00 Water Arthritis Class* <b>Rm 111:30 Yoga on the Mat</b> Pool1:00 Ballroom Dance Class**Pool2:00 Senior SwimRm 15:30 Full Body/Strength ClassGym5:45 Aqua Fit Class*Pool6:15 Beginner Zumba	Pool Gym <b>Rm 1</b> Gym Pool <b>Rm 2</b> Rm 2 Pool Gym Pool Gym			