

Smith Senior Center — JANUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>A.H.O.Y.</u> Smith Senior Center M, T, W, Th, S 9:15 am M, W 5:30 pm Lewis Center M, W, F 9:15 am Leonard Center M, W, F 10:30 am Brown Center Tu, Th 9:15 am Peeler Center Tu, Th 10:30 am Griffin Center Tu, Th, S 10:30 am	Center Closed for New Year's	3 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:30 Chair Yoga Gym 1:00 Ballroom Dance Class** Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 6:15 Beginner Zumba Gym	4 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 12:15 Soul Sliding Class** Gym 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 5:30 AHOY Boot Camp Gym	5 8:30 Strength for Balance Class Gym 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Legal Services* Rm 2 10:00 Cards & Games Rm 1 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 2	6 9:15 Chair Yoga Gym 10:00 Bocce/Horseshoes Outside 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Senior Swim Pool 5:00 Table Tennis Gym	7 9:15 AHOY Gym
8 Enjoy coffee in the Lounge Monday - Friday 9 am - 12 noon	9 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:00 Genealogy Class Rm 2 10:00 Water Arthritis Class* Pool 10:30 Soul Sliding Class** Gym 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 2 5:30 AHOY Boot Camp Gym 6:00 Grief Support Group Rm 2 6:00 Aqua Fit Class* Pool	10 8:30 Senior Swim Pool 9:00 Hearing Screenings* Rm 2 9:15 Cardio Sculpt Class Gym 10:30 Chair Yoga Gym 11:00 Water Arthritis Class* Pool 1:00 Ballroom Dance Class** Gym 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym	11 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Adult Coloring Books* Rm 1 10:00 Table Tennis Rm 2 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 12:15 Soul Sliding Class** Gym 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym 6:00 Aqua Fit Class* Pool	12 8:30 Strength for Balance Class Gym 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Computer Seminar Rm 1 10:00 Cards & Games Lounge 11:00 Water Arthritis Class* Pool 1:30 Osteoporosis Group Rm 1 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 1 5:45 Aqua Fit Class* Pool	13 9:15 Chair Yoga Gym 10:00 Water Arthritis Class* Pool 10:00 Bocce/Horseshoes Outside 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 11:30 Senior Swim Pool 12:00 Booked for Lunch Club Rm 1 5:00 Table Tennis Gym	14 9:15 AHOY Gym 8:00 Greensboro Social Dance— Lewis Rec. Center
15 *Registration Required **Drop-in Fee Required	Center Closed for Martin Luther King, Jr Day	17 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 9:30 Bingo Rm 1 10:30 Chair Yoga Gym 11:00 Water Arthritis Class* Pool 11:30 Lunch Bunch* Van 1:00 Ballroom Dance Class** Gym 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym	18 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Yellow Dot Program Q&A Rm 1 10:00 Table Tennis Rm 2 10:00 Water Arthritis Class* Pool 10:00 Basketball Open Play Gym 12:15 Soul Sliding Class** Gym 1:00 Quilting Club Rm 1 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:30 AHOY Boot Camp Rm 2 6:00 Aqua Fit Class* Pool	19 8:30 Strength for Balance Class Gym 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Funeral Cost Planning Rm 1 10:00 Cards & Games Lounge 11:00 Water Arthritis Class* Pool 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 1 5:45 Aqua Fit Class* Pool	20 9:15 Chair Yoga Gym 10:00 Water Arthritis Class* Pool 10:00 Bocce/Horseshoes Outside 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 11:30 Senior Swim Pool 1:00 Movie: "Nine Lives" Rm 1 5:00 Table Tennis Gym	21 9:15 AHOY Gym
22	23 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 1 10:00 Garden Club Meeting Rm 2 10:00 Water Arthritis Class* Pool 10:30 Soul Sliding Class** Gym 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 1 5:30 AHOY Boot Camp Gym 6:00 Grief Support Group Rm 2 6:00 Aqua Fit Class* Pool	24 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Finances & Indep. Seniors Rm 1 10:30 Chair Yoga Gym 11:00 Water Arthritis Class* Pool 1:00 Ballroom Dance Class** Gym 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym	25 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Adult Coloring Books* Rm 1 10:00 Table Tennis Rm 2 10:00 BP & Glucose Checks Lounge 10:00 Basketball Open Play Gym 10:00 Water Arthritis Class* Pool 1:00 Quilting Club Rm 1 12:15 Soul Sliding Class** Gym 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym 6:00 Aqua Fit Class* Pool	26 8:30 Strength for Balance Class Gym 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Cards & Games Lounge 11:00 Water Arthritis Class* Pool 2:00 Senior Swim Pool 5:15 Yoga on the Mat Rm 1 5:45 Aqua Fit Class* Pool	27 9:15 Chair Yoga Gym 10:00 Water Arthritis Class* Pool 10:00 Bocce/Horseshoes Outside 10:00 Cornhole/Shuffleboard Gym 10:30 Yoga on the Mat Rm 2 11:30 Yoga on the Mat Rm 2 11:30 Senior Swim Pool 5:00 Table Tennis Gym	28 9:15 AHOY Gym
29	30 8:15 SAIL Balance Class Gym 8:15 Senior Swim Pool 9:15 AHOY Gym 10:00 Honey Bee Helpers Rm 2 10:00 Water Arthritis Class* Pool 10:30 Soul Sliding Class** Gym 12:00 Super Bowl Chili Contest* Rm 1 2:00 Senior Swim Pool 4:30 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 1 5:30 AHOY Boot Camp Gym 6:00 Grief Support Group Rm 2 6:00 Aqua Fit Class* Pool	31 8:30 Senior Swim Pool 9:15 Cardio Sculpt Class Gym 10:00 Nursing Home Planning Rm 1 10:30 Chair Yoga Gym 11:00 Water Arthritis Class* Pool 11:30 Yoga on the Mat Rm 2 1:00 Ballroom Dance Class** Rm 2 2:00 Senior Swim Pool 5:30 Full Body/Strength Class Gym 5:45 Aqua Fit Class* Pool 6:15 Beginner Zumba Gym				