





Mon	Tues	Wed	Thurs	Fri
<p>Strang Senior Center 670-6693</p> 	<p>9:00 Beg Tai Chi 9:30 BBBridge 10:00 Tai Chi Rev 10:00 Oil Painting 11:15 Pilates 12:30 Canasta 1:00 Pinochle 2:00 Yoga 5:45 Pilates</p> <p>1</p>	<p>8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Social Bridge 12:00 Covenant Lunch & Learn "Caring for Diabetic Kidneys" 541-4500 1:00 Spanish Club</p> <p>2</p>	<p>9:00 Beg Tai Chi 10:00 Tai Chi 10:00 Painting 11:00 Blood Press 11:00 Dup. Bridge 11:15 Pilates 12:30 Stability Ball 5:45 Cardio 3</p> <p>3</p>	<p>9:30 Canasta 10:00 Men's Club 10:00-2:00 Cognitive Screenings by Arbor Terrace Please make an appointment 10:30 Soc. Bridge NO Fitness Today</p> <p>4</p>
<p>8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Bridge 11:00 Belly Dance 11:00 CADES Charity 12:15 Adv Belly Dance 12:30 DIY Bingo 2:00 Texas Hold'em 2:00 Line Dancing</p> <p>7 5:45 Cardio 3</p>	<p>9:00 Beg Tai Chi 9:30 BBBridge 10:00 Tai Chi Rev 10:00 Oil Painting 11:15 Pilates 12:30 Canasta 1:00 Pinochle 2:00 Yoga 5:45 Pilates</p> <p>8</p>	<p>8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Social Bridge 11:00 CADES Charity 12:00 Red Hat Society Pot Luck Holiday Luncheon Bring a Dish for 6 1:00 Spanish Club</p> <p>9</p>	<p>9:00 Beg Tai Chi 10:00 Tai Chi 11:00 Blood Press 11:00 Dup. Bridge 11:15 Pilates 12:30 Stability Ball 2:00 Secure Horizons Information 5:45 Cardio 3</p> <p>10</p>	<p>8:45 Cardio 3 9:30 Canasta 10:00 Cardio 2 10:30 Soc. Bridge 11:15 Pilates 1:00 Ballroom 2:00 Ballroom</p> <p>11</p>
<p>8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Bridge 11:00 Belly Dance 12:15 Adv. Belly Dance 2:00 Texas Hold'em 2:00 Line Dancing 5:45 Cardio 3</p> <p>14</p>	<p>9:00 Beg Tai Chi 9:30 BBBridge 10:00 Tai Chi Rev 10:00 Oil Painting 11:15 Pilates 12:30 Canasta 1:00 Pinochle 2:00 Yoga 5:45 Pilates</p> <p>15</p>	<p>HOLIDAY POT LUCK LUNCHEON Music * Great Food You must pre-register Bring a Dish for 6 We need Helpers! 1:00 Spanish Club</p> <p>16</p>	<p>9:00 Beg Tai Chi 10:00 Tai Chi 10:00 Painting 11:00 Blood Press 11:00 Dup. Bridge 11:15 Pilates 12:00 Book Club 12:30 Stability Ball 5:45 Cardio 3</p> <p>17</p>	<p>8:45 Cardio 3 9:30 Canasta 9:30-11:30 Holiday Guitar Music in the Lobby w Refreshments 10:00 Men's Club 10:00 Cardio 2 10:30 Soc. Bridge 11:15 Pilates 1:00 Ballroom 18 2:00 Ballroom</p>
<p>9:30 Watercolor 10:30 Bridge 11:00 Belly Dance 12:15 Adv Belly Dance 2:00 Line Dancing FITNESS CLASSES ON BREAK til Jan 4</p> <p>21</p>	<p>9:00 Beg Tai Chi 9:30 BBBridge 10:00 Tai Chi 10:00 Oil Painting 12:30 Canasta 1:00 Grub Club Chop House 1:00 Pinochle 2:00 Yoga</p> <p>22</p>	<p>9:30 Watercolor 10:30 Social Bridge 1:00 Spanish Club</p>  <p>23</p>	<p>Center Closed</p>  <p>24</p>	<p>Center Closed</p>  <p>25</p>
<p>9:30 Watercolor 10:30. Bridge 11:00 Belly Dance 12:15 Adv Belly Dance 2:00 Line Dancing</p> <p>28</p>	<p>9:00 Beg Tai Chi 9:30 BBBridge 10:00 Tai Chi 10:00 Oil Painting 12:30 Canasta 1:00 Pinochle 2:00 Yoga</p> <p>29</p>	<p>9:30 Watercolor 10:30 Social Bridge 1:00 Spanish Club</p>  <p>30</p>	<p>9:00 Beg Tai Chi 10:00 Tai Chi 11:00 Blood Press 11:00 Dup. Bridge</p> <p>31</p>	<p>January 1, 2010 Center Closed</p> 

The Happiest of Holidays to All our Friends at Strang!