

Twin Pines Senior & Community Center

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed for New Year's Day 	2 9:00 Beginner's Japanese 9:30 Walking Group 10:30 Chinese Mahjong 11:30 Lunch Program (S) 12:30 Classic Movie 12:30 Crafts Group 1:00 Sewing & Quilting Group	3 8:45 Strength Training 9:00 Bread Program 9:30 Video Aerobics 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie	4 9:30 Walking Group 9:30 Singing Group 9:30 Canasta 10:00 Rosen Method Movement (S) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Blockbuster Movie 12:30 Bridge 1:00 Art Group	5 9:30 Chair Yoga with Katherine! 10:00 Hot Chocolate & King's Cake 10:00 Mindful Meditation 11:00 Mandarin Class 12:00 BINGO 1:00 Chinese Mahjong
8 9:00 Bread Program 9:30 Video Exercise 10:00 Ukulele Sing Along 10:00 Italian Chat 10:00 Spanish Chat 11:00 Tai Chi (R) 12:30 Tai Chi (R) 1:00 Book Club 1:00 Beat Arthritis (R) 2:00 French Chat	9 9:00 Beginner's Japanese 9:30 Walking Group 10:00 English Conversation 10:30 Chinese Mahjong 11:30 Lunch Program (S) 12:30 Pedro card game 12:30 Foreign Film 12:30 Crafts Group 1:00 Sewing & Quilting Group	10 8:45 Strength Training 9:00 Bread Program 9:30 Video Aerobics 10:00 Spanish Class 10:15 Yoga For All (R) 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie	11 9:30 Walking Group 9:30 Singing Group 9:30 Canasta 10:00 Rosen Method Movement (S) 11:00 Beat Arthritis (R) 11:30 Jan Birthday Lunch (S) 12:15 Wii Bowling 12:30 Blockbuster Movie 12:30 Bridge 1:00 Art Group	12 9:30 Chair Yoga with Katherine! 10:00 Mindful Meditation 11:00 Mandarin Class 1:00 Chinese Mahjong 1:00 Table Tennis 1:00 New Year's Dance!
15 Center Closed for Dr. Martin Luther King Jr. Day	16 8:30 Blood Pressure Clinic 9:30 Walking Group 9:00 Beginner's Japanese 9:30 Walking Group 10:00 English Conversation 10:00 Senior Club Meeting 10:30 Chinese Mahjong 11:30 Lunch Program (S) 12:30 Classic Movie 12:30 Crafts Group 1:00 Sewing & Quilting Group	17 8:30 Blood Sugar/Diabetes Screening 8:45 Strength Training 9:00 Bread Program 9:30 Video Aerobics 10:00 Spanish Class 10:15 Yoga For All (R) 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie	18 9:30 Walking Group 9:30 Canasta 9:30 Singing Group 10:00 Rosen Method Movement (S) 10:00 Harmony in Action 10:00 Color Me Calm 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Bridge 12:30 Blockbuster Movie 1:00 Art Group	19 9:30 Chair Yoga with Katherine! 10:00 Mindful Meditation 11:00 Mandarin Class 12:00 BINGO 1:00 Chinese Mahjong
22 9:00 Bread Program 9:00 AARP Smart Driver 9:30 Video Exercise 10:00 Italian Chat 10:00 Spanish Chat 11:00 Tai Chi (R) 12:30 Tai Chi (R) 1:00 Beat Arthritis (R) 1:00 Beat Arthritis (R) 2:00 French Chat	23 9:00 Beginner's Japanese 9:30 Walking Group 10:00 English Conversation 10:30 Chinese Mahjong 11:30 Lunch Program (S) 12:30 Foreign Film 12:30 Pedro card game 12:30 Crafts Group 1:00 Sewing & Quilting Group	24 8:45 Strength Training 9:00 Bread Program 9:30 Video Aerobics 10:00 Spanish Class 10:15 Yoga For All (R) 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie	25 9:30 Walking Group 9:30 Singing Group 9:30 Canasta 10:00 Rosen Method Movement (S) 9:30 Singing Group 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Blockbuster Movie 12:30 Bridge 1:00 Art Group	26 9:30 Chair Yoga with Katherine! 10:00 Sleep Like a Baby Workshop (S) 11:00 Mandarin Class 12:00 Indian Meal (S) 1:00 Table Tennis 1:00 Chinese Mahjong 1:30 Laughter Yoga
29 9:00 Bread Program 9:00 AARP Smart Driver 9:30 Video Exercise 10:00 Opinion Exchange w/ Jim Dunbar 10:00 Stamp Collectors 10:00 Italian Chat 11:00 Tai Chi (R) 12:30 Tai Chi (R) 1:00 Beat Arthritis (R) 2:00 French Chat	30 9:00 Beginner's Japanese 9:30 Walking Group 10:00 English Conversation 10:30 Chinese Mahjong 11:30 Lunch Program (S) 12:30 Classic Movie 12:30 Crafts Group 1:00 Sewing & Quilting Group	(S) = Activity requires Signing Up (R) = Activity requires Registration at Parks & Rec office (blank) = Activity is drop-in		*Activities are subject to change. Please call 595-7444 to confirm.