


January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Heritage Center Closed 	
3	4 Heritage Center Closed	5 9:00 Happy Feet Heritage Center Closed	6 Heritage Center Closed	7 Heritage Center Closed	8 Heritage Center Closed	9
10	11 9:00 S.S. Strength & Balance 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance Heritage Center Reopens (contingent on Governor's orders)	12 10:00 Creative Writing 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 LAAA Advisory Comm. Meeting	13 8:15 Yoga 8:30 Morning Meet-Up 9:45 & 11 Line Dancing 9:30 Ping Pong 1:00 Dice Games	14 8:30 Morning Meet-Up 9:15 Wii™ Bowling 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:15 Tai Chi for Health 2:00 ABCs of Tai Chi	15 8:15 Yoga 10:00 Bean Bags (inside) 1:00 Tattling 1:00 Social Painting	16 
17	18 Heritage Center Closed 	19 10:00 Flexibility & Strength 10:00 Book Club #1 11:00 Bodyweight Strength Training 11:00 Legal Advice via phone 1:00 Bingo	20 8:15 Yoga 8:30 Morning Meet-Up 9:45 & 11 Line Dancing 9:30 Ping Pong 1:00 Dice Games	21 8:30 Morning Meet-Up 9:15 Wii™ Bowling 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Quilting Group 1:15 Tai Chi for Health 2:00 ABCs of Tai Chi	22 8:15 Yoga 10:00 Bean Bags (inside) 1:00 Social Painting	23 8:30 a.m.-12:30 p.m. Driver Safety Class (4-hr.)
24	25 9:00 S.S. Strength & Balance 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance	26 10:00 Creative Writing 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training	27 8:15 Yoga 8:30 Morning Meet-Up 9:45 & 11 Line Dancing 9:30 Ping Pong 1:00 Dice Games	28 8:30 Morning Meet-Up 9:15 Wii™ Bowling 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:15 Tai Chi for Health 2:00 ABCs of Tai Chi	29 8:15 Yoga 10:00 Bean Bags (inside) 1:00 Social Painting	30 
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February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 S.S. Strength & Balance 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance	9:00 Happy Feet 10:00 Book Club #1 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Bingo 	8:15 Yoga 8:30 Morning Meet-Up 9:45 & 11 Line Dancing 9:30 Ping Pong 1:00 Dice Games	8:30 Morning Meet-Up 9:15 Wii™ Bowling 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Quilting Group 1:15 Tai Chi for Health 2:00 ABCs of Tai Chi	8:15 Yoga 10:00 Bean Bags (inside) 1:00 Social Painting	
7	9:00 S.S. Strength & Balance 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance	8 10:00 Creative Writing 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 LAAA Advisory Comm. Meeting	10 8:15 Yoga 8:30 Morning Meet-Up 9:45 & 11 Line Dancing 9:30 Ping Pong 1:00 Dice Games	11 8:30 Morning Meet-Up 9:15 Wii™ Bowling 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:15 Tai Chi for Health 2:00 ABCs of Tai Chi	12 8:15 Yoga 10:00 Bean Bags (inside) 1:00 Tatting 1:00 Social Painting	
	Heritage Center Closed 	16 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 11:00 Legal Advice via phone 1:00 Bingo	17 8:15 Yoga 8:30 Morning Meet-Up 9:45 & 11 Line Dancing 9:30 Ping Pong 1:00 Dice Games	18 8:30 Morning Meet-Up 9:15 Wii™ Bowling 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Quilting Group 1:15 Tai Chi for Health 2:00 ABCs of Tai Chi	19 8:15 Yoga 10:00 Bean Bags (inside) 1:00 Social Painting	20 8:30 a.m.-12:30 p.m. Driver Safety Class (4-hr.)
21	22 9:00 S.S. Strength & Balance 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance	23 10:00 Creative Writing 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training	24 8:15 Yoga 8:30 Morning Meet-Up 9:45 & 11 Line Dancing 9:30 Ping Pong 1:00 Dice Games	25 8:30 Morning Meet-Up 9:15 Wii™ Bowling 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training No Tai Chi for Health No ABCs of Tai Chi	26 8:15 Yoga 10:00 Bean Bags (inside) 1:00 Social Painting	27
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