

NAM 50+ Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day  NAM CLOSED	2 10am Helping Hands 10am Ballroom Dancing	3 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba Gold & Fitness 11:30am 60+ Café 12:30pm Mah Jongg	4 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	5 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Computer Class 10:45am Tap Dancing 11:30am 60+ Café/W.O.R.M. Day 12:30pm Cribbage 12:30pm Mah Jongg
8 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 11:30am 60+ Café/Tell an Old Joke Day 12 pm Duplicate Bridge 12:30 pm Dominoes	9 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	10 9 am Intermediate Line Dancing 10 am Bingo 10:15am Zumba Gold & Fitness 11:30 am 60+ Café 12:30pm Mah Jongg	11 8:15am Day Trip/Hemi Hideout 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	12 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30 am Computer Class 10:45am Tap Dancing 11:30am 60+ Café/Lunch/Learn 12:30pm Cribbage 12:30pm Mah Jongg
15  MLK Day Fifty Plus Closed	16 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	17 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba Gold & Fitness 11:30am 60+ Café /Lunch/Learn 12:30pm Mah Jongg	18 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	19 9:30am Exercise Class 10am Bingo 10:30 am Computer Class 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Nat'l Popcorn Day 12:30pm Cribbage 12:30pm Mah Jongg
22 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 11:30am 60+ Café/Bingo Extravaganza 12 pm Duplicate Bridge 12:30 pm Dominoes	23 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	24 8:30am CWJF Brunch 11:30 am 60+ Café/Nat'l Compliment Day 12:30pm Mah Jongg	25 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 12pm Movie/Lunch Day 1 pm Advanced Line Dancing	26 9:30am Exercise Class 10am Bingo 10:30 am Computer Class 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Name that Old Hollywood Actor 12:30pm Cribbage 12:30pm Mah Jongg
29 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 11:30am 60+ Café/Nat'l Puzzle Day 12 pm Duplicate Bridge 12:30 pm Dominoes	30 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	31 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba Gold & Fitness 11:30am 60+ Café /Birthday Celebration/Nat'l Backward Day 12:30pm Mah Jongg		

Happy
New Year!

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