

NAM 50+ Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	2 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Computer Class 10:45am Tap Dancing 11:30am 60+ Café/Wear Red Day 12:30pm Cribbage 12:30pm Mah Jongg
5 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Crochet Class 11:30am 60+ Café 12 pm Duplicate Bridge 12:30 pm Dominoes	6 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	7 9 am Intermediate Line Dancing 10 am Bingo 10:15am Zumba Gold & Fitness 11:30 am 60+ Café/Lunch & Learn/ Eye Health 12:30pm Mah Jongg	8 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	9 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30 am Computer Class 10:45am Tap Dancing 11:30am 60+ Café/Name those Capitals 12:30pm Cribbage 12:30pm Mah Jongg
12 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 11:30am 60+ Café/Tell a Group Story 12 pm Duplicate Bridge 12:30 pm Dominoes	13 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	14 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba Gold & Fitness 11:30am 60+ Café /Valentine's Day Celebration 12:30pm Mah Jongg 	15 8:45am Day Trip/Sea Center TX 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	16 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 Almond Day 12:30pm Cribbage 12:30pm Mah Jongg
19 PRESIDENT'S DAY  NAM CLOSED 60+ CAFÉ OPEN Cherry Dessert Week	20 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	21 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba Gold & Fitness 11:30am 60+ Café/Name that Tune 12:30pm Mah Jongg	22 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 12pm Movie/Lunch Day 1 pm Advanced Line Dancing	23 Go Texan Day 9:30am Exercise Class 10am Bingo 10:30 am Computer Class 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Lunch/Learn 12:30pm Cribbage 12:30pm Mah Jongg
26 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 11:30am 60+ Café 12 pm Duplicate Bridge 12:30 pm Dominoes	27 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	28 9am CWJF Brunch 11:30am 60+ Café /Birthday Celebration 12:30pm Mah Jongg		



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