


NAM 50+ Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Crochet Class 11:30am 60+ Café/April Fools' 12 pm Duplicate Bridge 12:30 pm Dominoes	3 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	4 9 am Intermediate Line Dancing 10 am Bingo 10:15am Tai Chi 11:30 am 60+ Café/Senior Texting Code 12:30pm Mah Jongg	5 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	6 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Computer Class 10:45am Tap Dancing 11:30am 60+ Café/ Color/Doodle 12:30pm Cribbage 12:30pm Mah Jongg
9 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Healthy Life Series 11:30am 60+ Café 12 pm Duplicate Bridge 12:30 pm Dominoes	10 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	11 9 am Intermediate Line Dancing 10 am Bingo 10:15am Tai Chi 11:30 am 60+ Café/WAFM Day 12:30pm Mah Jongg	12 9:15am Day Trip 9:30am Spanish Class 9:45am Ballet Class	13 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30 am Computer Class 10:45am Tap Dancing 11:30am 60+ Café/Storytelling 12:30pm Cribbage 12:30pm Mah Jongg
16 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Crochet Class 11:30am 60+ Café/Nat'l Crossword Puzzle Day 12 pm Duplicate Bridge 12:30 pm Dominoes	17 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	18 9 am Intermediate Line Dancing 10am Bingo 10:15am Tai Chi 11:30am 60+ Café/Lunch & Learn "Foot Health" 12:30pm Mah Jongg	19 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	20 9:30am Exercise Class 10am Bingo 10:30 am Computer Class 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Birthday Celebration 12:30pm Cribbage 12:30pm Mah Jongg
23 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Healthy Life Series 11:30am 60+ Café/"Penny Ante" 12 pm Duplicate Bridge 12:30 pm Dominoes	24 9:30am French Class 10am Helping Hands 10am Ballroom Dancing	25 CWJF Brunch 11:30am 60+ Café/Lunch & Learn/Oral Hygiene 12:30pm Mah Jongg	26 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 12pm Movie/Lunch 1 pm Advanced Line Dancing	27 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 Tune 12:30pm Cribbage 12:30pm Mah Jongg
30 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				



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