

NAM 50+ Senior Center Activities

| Monday | Tuesday | Wednesday | Thursday | Friday |
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|  | |  | | 1 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/ "Say Something Nice Day" 12:30pm Cribbage 12:30pm Mah Jongg |
| 4 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Crochet Class 11:30am 60+ Café/Hidden Message Word Find 12 pm Duplicate Bridge 12:30 pm Dominoes | 5 9:30am French Class 10am Helping Hands 10am Ballroom Dancing | 6 9 am Intermediate Line Dancing 10 am Bingo 10:15am Zumba Gold/Fitness 11:30 am 60+ Café/Lunch & Learn 12:30pm Mah Jongg | 7 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing | 8 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/ National Best Friends Day 12:30pm Cribbage 12:30pm Mah Jongg |
| 11 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Healthy Life Series 11:30am 60+ Café/ Nutrition Awareness Day 12 pm Duplicate Bridge 12:30 pm Dominoes | 12 9:30am French Class 10am Helping Hands 10am Ballroom Dancing | 13 9 am Intermediate Line Dancing 9:30am Beginners Sewing Class 10am Bingo 10:15am Zumba Gold/Fitness 11:30am 60+ Café/Iced Tea Day 12:30pm Mah Jongg | 14 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing | 15 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Birthday Cele. & Father's Day Celebration 12:30pm Cribbage 12:30pm Mah Jongg |
| 18 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Crochet Class 11:30am 60+ Café/Lunch & Learn 12 pm Duplicate Bridge 12:30 pm Dominoes | 19 9:30am French Class 10am Helping Hands 10am Ballroom Dancing | 20 9 am Intermediate Line Dancing 9:30am Beginners Sewing Class 10 am Bingo 10:15am Zumba Gold/Fitness 11:30 am 60+ Café/Lunch & Learn 12:30pm Mah Jongg | 21 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 12pm Movie/Lunch 1 pm Advanced Line Dancing | 22 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Watermelon Time 12:30pm Cribbage 12:30pm Mah Jongg |
| 25 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 | 26 9:30am French Class 10am Helping Hands 10am Ballroom Dancing | 27 9 am Intermediate Line Dancing 9:30am Beginners Sewing Class 10 am Bingo 10:15am Zumba Gold/Fitness 11:30 am 60+ Café/Bingo Extrav. 12:30pm Mah Jongg | 28 9:15am Day Trip 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing | 29 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Lunch & Learn 12:30pm Cribbage 12:30pm Mah Jongg |



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