


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>1.</b> Tai-Chi/W.Colors 9am Mentor Ridge BP ck. 9:30am Arthritis Exer. 10:30am Lunch 11am Bingo/Craft Card Noon NO Movie 2:15pm Card Bingo 3pm Sewing 3-5pm Stretching 4:15-5:15pm Zumba 5:30pm</p>	<p><b>2.</b> Tai-Chi/W.Colors 9am Arthritis Exer. 10:30am Lunch 11am Bingo/Fleece Noon Bd Mtg. Noon Movie 2:15pm Card Bingo 3pm Sewing 3-5pm Stretching 4:15-5:15pm Zumba 5:30pm</p>	<p><b>3.</b> Zumba 9am Yoga / BP Check 10am Hand &amp; Foot 10am Weight/Bands Noon Quilting/Knitting 1pm Mah Jongg 1pm Line Dancing 1:15pm Pound Fit 3:30pm Council Mtg 6:30pm</p>	<p><b>4.</b> Coffee w/Cops 9am Colored Pencil 10am Arthritis Exer. 10:30am <b>Crime Lab 11:30am</b> Card Games Noon Bridge/Pinochle 12:30pm Coloring 1pm Beg. Line Dance 4pm Pound Fit 5:30pm Evening Bingo 6pm</p>	<p><b>5.</b> AARP Taxes 9am Zumba/Kick Fit 9am Handcrafts 9:30am Line Dance 10am Lunch 11am Bingo Noon Pound Fit 3:30pm Country Music 6pm</p>	<p><b>6.</b> Chair Massage 9am <b>N.Orleans Trip Mtg. 9am</b> Bunco 10am Hand &amp; Foot 10:0am Arthritis Exer. 10:30am Weights/Bands Noon Mah Jongg 1pm <b>Comp &amp; Tech 4:45pm</b></p>	<p><b>7.</b> Weight Watchers 8:30am Weigh In 9am Meeting Exercise Room 8-11am</p>
<p><b>8.</b> Tai-Chi/W.Colors 9am Arthritis Exer. 10:30am Lunch 11am Bingo/Fleece Noon Bd Mtg. Noon Movie 2:15pm Card Bingo 3pm Sewing 3-5pm Stretching 4:15-5:15pm <b>Coin Club 7pm</b></p>	<p><b>9.</b> Tai-Chi/W.Colors 9am Arthritis Exer. 10:30am Lunch 11am Bingo/Fleece Noon Bd Mtg. Noon Movie 2:15pm Card Bingo 3pm Sewing 3-5pm Stretching 4:15-5:15pm <b>Coin Club 7pm</b></p>	<p><b>10.</b> Zumba 9am Yoga / BP Check 10am Hand &amp; Foot 10am Weight/Bands Noon Quilting/Knitting 1pm Mah Jongg 1pm Line Dancing 1:15pm Pound Fit 3:30pm <b>Potluck 5pm</b></p>	<p><b>11.</b> Podiatrist 9am Colored Pencil 10am Council on Aging 10am Arthritis Exer. 10:30am <b>Wine Outing 11:15am</b> Card Games Noon Bridge/Pinochle 12:30pm Coloring 1pm Beg. Line Dance 4pm Pound Fit 5:30pm Evening Bingo 6pm</p>	<p><b>12.</b> AARP Taxes 9am Zumba/Kick Fit 9am Handcrafts 9:30am Line Dance 10am Lunch 11am Bingo Noon Scrapbooking Noon Pound Fit 3:30pm Country Music 6pm</p>	<p><b>13.</b> Chair Massage 9am Hand &amp; Foot 10am Arthritis Exer. 10:30am Weights/Bands Noon Mah Jongg 1pm</p>	<p><b>14.</b> Weight Watchers 8:30am Weigh In 9am Meeting Exercise Room 8-11am</p>
<p><b>15.</b> <b>Leave for New Orleans today</b></p>	<p><b>16.</b> Tai-Chi/W.Colors 9am <b>Heartland BP Ck 10am</b> Arthritis Exer. 10:30am Lunch 11am Bingo Noon NO Movie 2:15pm Card Bingo/Sewing 3pm Stretching 4:15-5:15pm Zumba 5:30pm New Orleans Trip</p>	<p><b>17.</b> Zumba/Jacks 9am Yoga/BP Ck. 10am Hand &amp; Foot 10am Weight/Bands Noon Quilting/Knitting 1pm Mah Jongg 1pm Line Dancing 1:15pm Pound Fit 3:30pm Council Mtg 6:30pm New Orleans Trip</p>	<p><b>18.</b> Colored Pencil 10am Arthritis Exer. 10:30am <b>Free Massages 11:30am</b> Card Games Noon Bridge/Pinochle 12:30pm Coloring 1pm Beg. Line Dance 4pm <b>Parkinson's 4:30pm</b> Pound Fit 5:30pm Evening Bingo 6pm New Orleans Trip</p>	<p><b>19.</b> Attorney 8:30am Zumba/Kick Fit 9am Handcrafts 9:30am Line Dance 10am NO Lunch 11am Bingo Noon Pound Fit 3:30pm Country Music 6pm New Orleans Trip</p>	<p><b>20.</b> Chair Massage 9am Bunco 10am Hand &amp; Foot 10am Arthritis Exer. 10:30am Weights/Bands Noon Mah Jongg 1pm New Orleans Trip</p>	<p><b>21.</b> Weight Watchers 8:30am Weigh In 9am Meeting Exercise Room 8-11am Return from New Orleans</p>
<p><b>22.</b> <b>Bingo Bash Today - Doors open at Noon</b></p>	<p><b>23.</b> Tai-Chi/W.Colors 9am Arthritis Exer. 10:30am Lunch 11am Bingo Noon Movie 2:15pm Card Bingo 3pm Sewing 3-5pm Stretching 4:15-5:15pm Zumba 5:30pm</p>	<p><b>24.</b> Zumba 9am Yoga/BP Ck. 10am Hand &amp; Foot 10am Weight/Bands Noon Quilting/Knitting 1pm Mah Jongg 1pm Line Dancing 1:15pm Cooking w/Jim 2pm Pound Fit 3:30pm</p>	<p><b>25.</b> Colored Pencil 10am Arthritis Exer. 10:30am Podiatrist 10:30am Card Games Noon Bridge/Pinochle 12:30pm Coloring 1pm Beg. Line Dance 4pm Pound Fit 5:30pm Evening Bingo 6pm</p>	<p><b>26.</b> Mani's/Pedi's 8am Zumba/Kick Fit 9am Handcrafts 9:30am Line Dance 10am Lunch 11am <b>Playhouse 11am</b> Bingo Noon Pound Fit 3:30pm Country Music 6pm</p>	<p><b>27.</b> Chair Massage 9am Hand &amp; Foot 10am Arthritis Exer. 10:30am Weights/Bands Noon <b>Red Hats Noon</b> Mah Jongg 1pm</p>	<p><b>28.</b> Weight Watchers 8:30am Weigh In 9am Meeting Exercise Room 8-11am</p>
<p><b>29.</b></p>	<p><b>30.</b> Tai-Chi/W.Colors 9am Arthritis Exer. 10:30am NO Lunch 11am Bingo Noon Movie 2:15pm Card Bingo 3pm Sewing 3-5pm Stretching 4:15-5:15pm Zumba 5:30am</p>			<p><b>2018 FH Senior Center Dues are due now</b></p>	<p><b>RED HAT WILL MEET AT PERKINS AT NOON! PLEASE CALL TO LET US KNOW IS YOU WILL BE THERE</b></p>	