

PROGRAMS AT HERITAGE CENTER – JANUARY 2012

MONDAY

9:00 am Zumba Gold – (No class 1/02, 1/16)

9:00 am Mah Jongg*- (No Game 1/02, 1/16)

10:30 am Tone & Stretching Class (No class 1/02,1/16, 1/23)

1:00 pm Book Discussion* (Jan. 30 – “A Passage to India”)

TUESDAY

9:00 am Relaxation Class*

10:00 am Aerobics

10:00 am Crochet Class*

12:00 Noon – Lunch

12:30-1:30 pm Blood Pressure Screening* 2nd & 4th Tues.of Month

12:45 pm Bridge*

1:00 pm Art

6:00 pm Evening Art

WEDNESDAY

9:15 am Yogalates

10:00 am Current Events Discussion Group*

10:00 am Drawing/Sketching

10:30 am Tone & Stretching Class

12:00 Noon – Lunch

1:30 pm Open Ceramics* except for cost of bisque

5:30 pm Evening Drawing/Sketching

THURSDAY

9:00 am Aerobics

10:00 am Zumba Gold

10:00 am Quilting*

12:45 pm Bridge*

3:30 pm Jewelry (1/12 & 1/26)

***Denotes free program**