

Every SUNDAY **Every MONDAY** **Every TUESDAY** **Every WEDNESDAY** **Every THURSDAY** **Every FRIDAY** **Every SATURDAY**

1:00 Mah Jongg
 1:30 Sunday Movie
 2:00 Scrabble

8:45 **Tai Chi** \$
 9:00 Hiking
 9:30 Current Affairs
 9:45 **Primetime Fitness** \$
 10:00 Writing for Healing & Growth \$
 Sew & Sews
 Getting Better at Bridge
 10:30 Chair Yoga
 11:00 **Parkinson's Yoga** \$
 12:30 Chess Club
 1:15 **Ageless Grace** \$
 1:15 *Water Workout* \$
 1:30 Mah-Jongg [Chinese]
 2:30 Member Social
 4:00 *Member Social Dinner* \$
 6:45 **Pickleball** \$

9:00 Full Life Fitness
 Mani/Pedicures \$, *Bowling* \$
 9:30 **Primetime Fitness** \$
 10:00 **Ceramics** \$
Medicare Consulting (by appt.)
 10:15 *Water Workout* \$
 10:30 **Arthritis Exercise** \$
 10:45 Second-Wind Band \$
 12:00 Men's Poker
 1:00 Tuesday Social Bridge
 2:00 **Ballroom Dance** \$ (beg)
 (Ladies free the 1st Tuesday!)
Pickleball \$
 3:00 **Ballroom Dance** \$ (adv)
 (Ladies free the 1st Tuesday!)
 6:00 Singles' Schmooze \$

8:00 Hiking
 8:45 **Tai Chi** \$
 9:30 **BeMoved** \$,
 Crafty Ladies, Dominoes,
Seated Massage \$
 9:45 **Primetime Fitness** \$
 10:00 *Bowling* \$
 10:45 **First-Wind Band**
 11:30 Canasta
 12:00 **TOPS**, Poker, **Pickleball** \$
 1:00 Scrabble, Mah-Jongg
 1:15 *Water Workout* \$
1:30 Ageless Grace \$
 3:00 Knit-Wits
 4:00 **Square Dancing Lessons**
International Folk Dancing,
Line Dance (beg)
 7:30 **Tai Chi** \$, **Line Dance** (adv)

9:00 Party Bridge,
Ivy Creek Walking Group
 9:30 **Primetime Fitness** \$
Retreads (thru Nov.)
 10:15 *Aerobic Dance* \$
 10:00 **AA**, Recorder Lessons (Inter.)
 10:15 *Water Workout* \$
 10:30 **Arthritis Exercise** \$
 10:45 **Parkinson's Yoga** \$
 11:00 **AA**, Recorder Lessons (Beg.)
 11:15 Craft DIY
 12:30 Duplicate Bridge
 1:00 Albemarle Carvers,
 Apple/Mac Users Group,
 Financial Counseling (by appt.),
 3:15 Chair Yoga
 4:30 **Medicare Consulting** (by appt.)
 5:00 **Pickleball** \$

8:45 **Tai Chi** \$
 9:00 Full Life Fitness, Mah-Jongg
 9:30 Friday Art Group
 9:45 *Northside Walking Group*
 10:00 **PrimeTime Fitness** \$
 10:30 **Bingo**
 10:45 Flashbacks \$
 11:00 *Water Workout* \$
 12:00 Writing for Pleasure
 1:00 Still Sharp Singers \$
Fun Time Line Dancing (beg)
 2:15 **Pickleball** \$
 2:30 Barbershop Belles & Beaux
Line Dancing (adv)
 3:00 **Bereavement Support Group**

1:00 *Pickleball* \$



January ➤

KEY: Programs ... *in italics* are off-site; **in bold** are open to the public; with a fee have a \$.
 Subject to change. Check for updates and additions at seniorcenterinc.org, or visit our Facebook page.

¹
 10:45 **Parkinson's Caregivers Support**
 1:00 Ladies' Poker
 3:00 Socrates Cafe
 7:00 **Round Dancing Lessons** \$ (beg.)
 8:00 **Round Dancing Lessons** \$ (int.)

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 10:00 Investors' Forum
 12:30 Abstract Acrylic Painting (cont.)

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 1:00 **Senior Council**
 1:00 **Dollars and Sense**
 2:00 Bunko

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 10:00 American Mah Jongg Lessons
 11:00 **Hearing Screening**
 12:00 **Try It Out Tuesday**
 2:00 **A Taste of Spanish**
 3:00 **Keeping Up Your Spanish**

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 9:30 Kingfishers Fishing Club
 11:00 Book Group
 5:00 Travel Buddies
 5:00 **Cooking Demo with UVa Dietetic Interns**

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 10:00 Investment Visions
 2:00 Le Cercle Français
 2:00 Backgammon
 4:00 **Essential Tremor Support Grp**

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 10:00 **Religion, Science, & Spirituality**
 12:00 Abstract Acrylic Painting (cont.)

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 8-11 pm **Winter Dance**

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 1:15 **Central Virginia Dowers**

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 1:00 **All Things Digital**
 1:00 **Piedmont Pastelists**

¹³
 9:00 **Good Life Design**
 10:00 **Money & You with Jorgen Vik**
 10:30 **Long-Term Care Q&A** (by appt. only)
 2:00 **A Taste of Spanish**

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 2:30 **Senior Statesmen of Virginia**
 3:00 Ping Pong (int.)
 4:00 Ping Pong (beg.)

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 1:00 Ladies Poker
 3:00 Socrates Cafe

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 10:00 Investors' Forum
 12:00 Abstract Acrylic Painting (cont.)

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 2:00 Bunko

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 10:00 American Mah Jongg Lessons
 10:00 **Elder Law with Dorris Gelbman**
 2:00 **A Taste of Spanish**
 3:00 **Keeping Up Your Spanish**

²¹
 10:00 **Hearing Health**
 11:30 **Monthly Luncheon**
 1-4 **Legal Consultation** (by appt. only)
 2:00 **Cville Time Bank Orientation**

²²
 11:30 am Two Brothers Food Truck

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 12:00 Writing For Pleasure Coffeehouse
 12:00 Abstract Acrylic Painting (cont.)









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 10:00 Low Vision Workshop
 3:00 Ping Pong (int.)
 4:00 Ping Pong (beg.)

Every SUNDAY	Every MONDAY	Every TUESDAY	Every WEDNESDAY	Every THURSDAY	Every FRIDAY	Every SATURDAY	
1:00 Mah Jongg 1:30 Sunday Movie 2:00 Scrabble	8:45 Tai Chi \$ 9:00 Hiking 9:30 Current Affairs 9:45 Primetime Fitness \$ 10:00 Writing for Healing & Growth \$ Sew & Sews Getting Better at Bridge 10:30 Chair Yoga 11:00 Parkinson's Yoga \$ 12:30 Chess Club 1:15 Ageless Grace \$ 1:15 <i>Water Workout</i> \$ 1:30 Mah-Jongg [Chinese] 2:30 Member Social 4:00 <i>Member Social Dinner</i> \$ 6:45 Pickleball \$	9:00 Full Life Fitness Mani/Pedicures \$, <i>Bowling</i> \$ 9:30 Primetime Fitness \$ 10:00 Ceramics \$ Medicare Consulting (by appt.) 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 10:45 Second-Wind Band \$ (<i>Resumes Jan 23</i>) 12:00 Men's Poker 1:00 Tuesday Social Bridge 2:00 Ballroom Dance \$ (beg) (Ladies free the 1st Tuesday!) Pickleball \$ 3:00 Ballroom Dance \$ (adv) (Ladies free the 1st Tuesday!) 6:00 Singles' Schmooze \$	8:00 Hiking 8:45 Tai Chi \$ 9:30 BeMoved \$ 9:30 Crafty Ladies, Dominoes, Seated Massage \$ 9:45 Primetime Fitness \$ 10:00 <i>Bowling</i> \$ 10:45 First-Wind Band (<i>Resumes Jan 24</i>) 11:30 Canasta 12:00 TOPS , Poker, Pickleball \$ 1:00 Scrabble, Mah-Jongg 1:15 <i>Water Workout</i> \$ 1:30 Ageless Grace \$ 3:00 Knit-Wits 4:00 Square Dancing Lessons 6:30 International Folk Dancing , Line Dance (beg) 7:30 Tai Chi \$, Line Dance (adv)	9:00 Party Bridge, <i>Ivy Creek Walking Group</i> 9:30 Primetime Fitness \$ 10:15 <i>Aerobic Dance</i> \$ 10:00 AA , Recorder Lessons (Inter.) 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 10:45 Parkinson's Yoga \$ 11:00 Recorder Lessons (Beg.) 11:15 Craft DIY 12:30 Duplicate Bridge 1:00 Albemarle Carvers, Apple/Mac Users Group, Financial Counseling (by appt.), 3:15 Chair Yoga 4:30 Medicare Consulting (by appt.) 5:00 Pickleball \$	8:45 Tai Chi \$ 9:00 Full Life Fitness, Mah-Jongg 9:30 Friday Art Group 9:45 <i>Northside Walking Group</i> 10:00 PrimeTime Fitness \$ 10:30 Bingo 10:45 Flashbacks \$ (<i>Resumes Jan 26</i>) 11:00 <i>Water Workout</i> \$ 12:00 Writing for Pleasure 1:00 Still Sharp Singers \$ Fun Time Line Dancing (beg) 2:15 Pickleball \$ 2:30 Barbershop Belles & Beaux Line Dancing (adv) 3:00 Bereavement Support Group	1:00 <i>Pickleball</i> \$	
 							
	1	2	3	4	5	6	
	Closed New Years Day	11:00 Hearing Screenings 12:00 Try It Out Tuesday	9:30 Kingfishers Fishing 11:00 Book Club 5:00 Travel Buddies	10:45 Parkinson's Caregiver Support 1:00 Ladies' Poker 3:00 Socrates Cafe 7:00 Round Dancing Lessons \$ (beg.) 8:00 Round Dancing Lessons \$ (int.)	10:00 Investors' Forum		
	7	8	9	10	11	12	13
		1:00 Senior Council 1:00 Piedmont Pastelists 1:00 All Things Digital	9:00 Good Life Design 10:00 Money & You with Jorgen Vik 10:30 Long-Term Care Q&A (by appt. only) 1:30 Art Gallery Talk 2:00 A Taste of Spanish 3:00 Keeping Up Your Spanish	1:30 Senior Statesmen of VA 3:00 Ping Pong (int.) 4:00 Ping Pong (beg.) 5:00 Cooking Demo with UVa	10:00 Investment Visions 2:00 Le Cercle Français 2:00 Backgammon 4:00 Essential Tremor Support Grp 7:00 Round Dancing Lessons \$ (beg.) 8:00 Round Dancing Lessons \$ (int.)	10:00 Religion, Science, & Spirituality	
	14	15	16	17	18	19	20
1:15 Central Virginia Dowers	2:00 Bunko	10:00 American Mah Jongg Lessons 10:00 Elder Law with Dorris Gelbman 2:00 A Taste of Spanish	10:00 Hearing Health 11:30 Monthly Luncheon \$ 2:00 Cville Time Bank Orientation	1:00 Ladies' Poker 3:00 Socrates Cafe 7:00 Round Dancing Lessons \$ (beg.) 8:00 Round Dancing Lessons \$ (int.)	10:00 Investors' Forum 12:00 Abstract Acrylic Painting		
21	22	23	24	25	26	27	
		2:00 A Taste of Spanish 3:00 Keeping Up Your Spanish	10:00 Low Vision Workshop 10:00 Fall Control Workshop 1-4 Legal Consultation (call for appt) 1:30 Windows Workshop 3:00 Ping Pong (int.) 4:00 Ping Pong (beg.)	11:30 am Bavarian Chef Food Truck 7:00 Round Dancing Lessons \$ (beg.) 8:00 Round Dancing Lessons \$ (int.)	12:00 Writing For Pleasure Coffeehouse 12:00 Abstract Acrylic Painting (cont.)		
28	29	30	31	KEY: Programs ... <i>in italics</i> are off-site; in bold are open to the public; with a fee have a \$. Subject to change. Check for updates and additions at seniorcenterinc.org, or visit our Facebook page.			
		10:00 American Mah Jongg Lessons	2:00 Fall Control Workshop (encore from Jan 24)	