

# BRIDGEWATER SENIOR CALENDAR

January 2019

Donna Langel 908-725-8020/575-8021

Mon	Tue	Wed	Thu	Fri	
	<b>1</b>  <b>New Year's Day</b>	<b>2</b>  <b>No Classes</b>	<b>3</b>  <b>No Classes</b>	<b>4</b>  <b>No Classes</b>	
<b>7</b> Strength Bands 9:30 Chair Aerobics 10:15 Dance Fitness 11:15 Weights 12:15 Tap Dance 1:15 Jewelry class 12:00-2:30	<b>8</b> Knitting 10:00 Pool/Shuffle Board 10:00 Club Meeting 12:00 Business Meeting Swearing in of Executive Board	<b>9</b> Sit & Get Fit 9:30 Weights 10:30 Aerobics 11:30 C/W Line Dance 12:30 MahJong & Cards 12:00	<b>10</b> Computer class 9:30 Tai Chi 9:30 Yoga 10:45 Strength Training 12:00	<b>11</b> ZUMBA 9:30 Weights 10:30 Aerobics 11:30	
<b>14</b> Strength Bands 9:30 Chair Aerobics 10:15 Dance Fitness 11:15 Weights 12:15 Tap Dance 1:15 Jewelry class 12:00-2:30	<b>15</b> Knitting 10:00 Pool/Shuffle Board 10:00 Club Meeting 12:00 Bingo	<b>16</b> Sit & Get Fit 9:30 Weights 10:30 Aerobics 11:30 C/W Line Dance 12:30 MahJong & Cards 12:00	<b>17</b> Computer class 9:30 Tai Chi 9:30 Yoga 10:45 Strength Training 12:00	<b>18</b> ZUMBA 9:30 Weights 10:30 Aerobics 11:30	
<b>21</b> <b>M. L. King Jr. Day</b>  <b>CENTER CLOSED</b>	<b>22</b> Knitting 10:00 Pool/Shuffle Board 10:00 Club Meeting 12:00 Special Warm & Toasty Luncheon	<b>23</b> Sit & Get Fit 9:30 Weights 10:30 Aerobics 11:30 C/W Line Dance 12:30 MahJong & Cards 12:00	<b>24</b> Computer class 9:30 Tai Chi 9:30 Yoga 10:45 Strength Training 12:00	<b>25</b> ZUMBA 9:30 Weights 10:30 Aerobics 11:30	
<b>28</b> Strength Bands 9:30 Chair Aerobics 10:15 Dance Fitness 11:15 Weights 12:15 Tap Dance 1:15 Jewelry class 12:00-2:30	<b>29</b> Knitting 10:00 Pool/Shuffle Board 10:00 Club Meeting 12:00 Birthday lunch	<b>30</b> Sit & Get Fit 9:30 Weights 10:30 Aerobics 11:30 C/W Line Dance 12:30 Mahjong & Cards 12:00	<b>31</b> Computer class 9:30 Tai Chi 9:30 Yoga 10:45 Strength Training 12:00		