

# JANUARY 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><b>1 HOLIDAY!!</b></p>	<p>2 9-10:30 Men's Bible 10-11 Martial Arts 9-10 Fitness for Everyone 1:00-3:00 Painting Pals</p>	<p>3 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix</p>	<p>4 9-10 Fitness for Everyone 10-11 Martial Arts</p>	<p>5 9-10 Exercise 10-11 Exercise No Yoga!</p>
<p>8 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&amp;R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix <b>1:30-3:00 Thread, Yarn, Crochet &amp; Coffee</b> 2:30-3:30 Tap Dancing 6:00 Line Dancing</p>	<p>9 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts <b>11:30 GARDEN CLUB</b> 1:30-3:00 Painting Pals</p>	<p>10 <b>Rec Center Closed!</b> Ridgeland Police Department Workshop</p>	<p>11 <b>Rec Center Closed!</b> Ridgeland Police Department Workshop  9-1 Community Wellness Expo at First Baptist Church in Ridgeland</p>	<p>12 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&amp;R 11:30-12 Yoga FFF</p>
<p><b>15 HOLIDAY!!</b></p>	<p>16 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts  1:30-3:00 Painting Pals</p>	<p>17 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise  12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix</p>	<p>18 9-10 Fitness for Everyone <b>9-11 Oil Painting</b> 10-11 Martial Arts <b>12-4 AARP SAFETY DRIVING</b> <b>5:30 Tap Dancing</b></p>	<p>19 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&amp;R 11:30-12 Yoga FFF</p>
<p>22 9-10 Exercise <b>*9:45 GARDEN THERAPY</b> 10-11 Exercise 11-11:30 Yoga R&amp;R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix <b>1:30-3:00 Thread, Yarn, Crochet &amp; Coffee</b> 2:30-3:30 Tap Dancing 6:00 Line Dancing</p>	<p>23 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts  1:30-3:00 Painting Pals</p>	<p>24 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise <b>11-12 Fall/Tai-Chi</b> 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix</p>	<p>25 9-10 Fitness for Everyone 9-11 Oil Painting 10-11 Martial Arts  <b>1-4 Bridge</b>  <b>5:30 Tap Dancing</b></p>	<p>26 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&amp;R 11:30-12 Yoga FFF</p>
<p>29 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&amp;R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix 2:30-3:30 Tap Dancing 6:00 Line Dancing</p>	<p>30 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts  1:30-3:00 Painting Pals</p>	<p>31 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11-12 Fall/Tai-Chi 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix</p>	<p>* Come and hear about Garden Therapy from Nellie Neal and Donna Yowell</p>	