


September 2020

Mon.	Tue.	Wed.	Thu.	Fri.
<p>AARP meetings & Safe Driving Classes are cancelled for the balance of 2020.</p>	<p>1. 8:30 Yoga 9:00 Men's Coffee Hour 10:00 Gloria's Dance Class- cancelled 10:45 Tai Chi 11:30 Chair Yoga 12:00 Mahjongg 12:30 Kick Boxing- cancelled 1:00 Rook 1:30 Aerobics Class</p>	<p>2. 8:30 Yoga 9:45 Mindfulness Meditation Group 10:00 Art Class 10:00 Aerobics 11:00 Chinese Mahjongg 12:00 Chicken Foot & Canasta 12:00 Wii Bowling 1:00 Ping Pong 2:00 Hearts</p>	<p>3. 8:15 Pilates 9:00 Jean's Line Dance Class 10:00 Fitness /Dance 11:00 AARP Meeting Canceled 11:30 Mexican Dominos 1:00 Aerobics Class—cancelled 1:00 Hand & Foot</p>	<p>4. 8:15 Yoga 8:30 Chair Yoga 9:00 Shot Nurse 10:00 Stayin Alive 10:00 Aerobics 10:00 Beginner's Art 11:00 Chinese Mahjongg 12:00 Hand & Foot 12:00 Canasta</p> <div style="text-align: right;">  </div> <p style="text-align: right; color: #00aaff;">Forever Young Dance 7pm-9pm- cancelled</p>
<p>7. Closed for Labor Day</p> 	<p>8. 8:30 Yoga 9:00 Men's Coffee Hour 10:00 Gloria's Dance Class- cancelled 10:45 Tai Chi 11:30 Chair Yoga 12:00 Mahjongg 12:30 Kick Boxing—cancelled 1:00 Rook 1:30 Aerobics Class</p>	<p>9. 8:30 Yoga 9:45 Mindfulness Meditation Group 10:00 Art Class 10:00 Aerobics 11:00 Chinese Mahjongg 12:00 Chicken Foot & Canasta 12:00 Wii Bowling 1:00 Ping Pong 2:00 Hearts</p>	<p>10. 8:15 Pilates 9:00 Jean's Line Dance Class 10:00 "Fitness /Dance" 11:30 Mexican Dominos 1:00 Knowledge Bowl 1:00 Bunco Bunch 1:00 Hand & Foot 1:00 Aerobics Class—cancelled</p>	<p>11. Multi-purpose Room closed 8:15 Yoga 8:30 Chair Yoga cancelled 10:00 Stayin Alive 10:00 Aerobics cancelled 10:00 Beginner's Art 11:00 Chinese Mahjongg 12:00 Hand & Foot 12:00 Canasta</p> <p style="text-align: right; color: #00aaff;">Forever Young Dance 7pm-9pm- cancelled</p>
<p>14. 8:15 Yoga 10:00 Aerobics 10:00 Stayin' Alive 10:00 Water Colors Class 11:00 Chinese Mahjongg 12:00 Canasta & Bridge 12:00 Wii Bowling 12:30 Chicken Foot 1:00 Ping Pong 5:00 Linda's Line Dance Class</p>	<p>15. 8:30 Yoga 9:00 Men's Coffee Hour 10:00 Gloria's Line Dance Class 10:45 Tai Chi 11:30 Chair Yoga 12:00 Mahjongg 12:30 Kick Boxing—cancelled 1:00 Rook 1:30 Aerobics Class</p>	<p>16. 8:30 Yoga 9:45 Mindfulness Meditation Group 10:00 Art Class 10:00 Aerobics 11:00 Chinese Mahjongg 12:00 Chicken Foot & Canasta 12:00 Wii Bowling 1:00 Ping Pong 2:00 Hearts</p>	<p>17. 8:15 Pilates 9:00 Jean's Dance Class 10:00 "Fitness /Dance" 11:30 Mexican Dominos 1:00 Aerobics Class—cancelled 1:00 Bunco Girls 1:00 Hand & Foot</p>	<p>18. 8:15 Yoga 8:30 Chair Yoga 10:00 Stayin Alive 10:00 Aerobics 10:00 Beginner's Art 11:00 Chinese Mahjongg 12:00 Hand & Foot 12:00 Canasta</p> <p style="text-align: right; color: #00aaff;">Forever Young Dance 7pm-9pm -cancelled</p>
<p>21. 8:15 Yoga 10:00 Aerobics 10:00 Stayin Alive 10:00 Water Colors 11:00 Chinese Mahjongg 12:00 Canasta & Bridge 12:00 Wii Bowling 12:30 Chicken Foot 1:00 Ping Pong 5:00 Linda's Line Dance Class</p>	<p>22. 8:30 Yoga 9:00 Men's Coffee Hour 10:00 Gloria's Line Dance Class 10:45 Tai Chi 11:30 Chair Yoga 12:00 Mahjongg 12:30 Kick Boxing—cancelled 1:00 Rook 1:30 Aerobics Class</p>	<p>23. 8:30 Yoga 9:45 Mindfulness Meditation Group 10:00 Art Class 10:00 Aerobics 11:00 Chinese Mahjongg 12:00 Chicken Foot & Canasta 12:00 Wii Bowling 1:00 Ping Pong 2:00 Hearts</p>	<p>24. 8:15 Pilates 9:00 Jean's Line Dance Class 10:00 "Fitness /Dance" 11:30 Mexican Dominos 1:00 Aerobics Class—cancelled 1:00 Hand & Foot 1:00 Knowledge Bowl</p>	<p>25. 8:15 Yoga 8:30 Chair Yoga 10:00 Aerobics 10:00 Stayin Alive 10:00 Beginner's Art 11:00 Chinese Mahjongg 12:00 Hand & Foot 12:00 Canasta</p> <p style="text-align: right; color: #00aaff;">Forever Young Dance 7pm-9pm -cancelled</p>
<p>28. 8:15 Yoga 10:00 Aerobics 10:00 Stayin Alive 10:00 Water Colors 11:00 Chinese Mahjongg 12:00 Canasta & Bridge 12:00 Wii Bowling 12:30 Chicken Foot 1:00 Ping Pong 5:00 Linda's Line Dance Class</p>	<p>29. 8:30 Yoga 9:00 Men's Coffee Hour 10:00 Gloria's Line Dance Class 10:45 Tai Chi 11:30 Chair Yoga 12:00 Mahjongg 12:30 Kick Boxing—cancelled 1:00 Rook 1:30 Aerobics Class</p>	<p>30. 8:30 Yoga 9:45 Mindfulness Meditation Group 10:00 Art Class & Aerobics 11:00 Chinese Mahjongg 12:00 Chicken Foot & Canasta 12:00 Wii Bowling 1:00 Ping Pong 2:00 Hearts</p>	<p>INDOOR WALKING Soccer Field</p> <p>Monday -Tuesday 8am-2pm Wednesday 8am-1pm Thursday- Friday 8am-2pm</p>	

October 2020

Mon.	Tue.	Wed.	Thu.	Fri.
<p>AARP meetings & Safe driving classes are cancelled for the balance of 2020.</p>	<p>INDOOR WALKING Soccer Field Monday -Tuesday 8am-2pm Wednesday 8am-1pm Thursday- Friday 8am-2pm</p>	<p>DAC DeSoto Athletic Center Water Aerobics Tuesdays at 9:30am</p>	<p>1. 8:15 Pilates 9:00 Jean's Line Dance Class 10:00 Fitness Dance 11:30 Mexican Dominos 1:00 Aerobics Class 1:00 Hand & Foot</p>	<p>2. 8 :15 Yoga 8:30 Chair Yoga 9:00 Shot Nurse 10:00 Aerobics 10:00 Stayin Alive 10:00 Art Class 11:00 Chinese Mahjongg 12:00 Hand & Foot & Canasta</p> 
<p>5. 8:15- Yoga 10:00 Aerobics 10:00 Stayin' Alive 10:00 Water Color 11:00 Chinese Mahjongg 12:00 Canasta & Bridge 12:00 Wii Bowling 12:30 Chicken Foot 1:00 Ping Pong 5:00 Linda's Line Dance Class</p>	<p>6. 8:30 Yoga 9:00 Men's Coffee Hour 9:30 Water Aerobics DAC 10:00 Gloria's Dance 10:45 Tai Chi 11:30 Chair Yoga 12:00 Mahjongg 12:30 Kick Boxing 1:00 Rook 1:30 Aerobics Class</p>	<p>7. 8:30 Yoga 9:45 Mindfulness Meditation Group 10:00 Art Class 10:00 Aerobics 11:00 Chinese Mahjongg 12:00 Chicken Foot & Canasta 12:00 Wii Bowliing 1:00 Ping Pong 2:00 Hearts</p>	<p>8. 8:15 Pilates 9:00 Jean's Dance Class 10:00 Fitness Dance 11:30 Mexican Dominos 1:00 Bunco Bunch 1:00 Aerobics Class 1:00 Hand & Foot</p>	<p>9. 8 :15 Yoga 8:30 Chair Yoga 10:00 Aerobics 10:00 Stayin Alive 10:00 Art Class 11:00 Chinese Mahjongg 12:00 Hand & Foot & Canasta</p>
<p>12. 8:15- Yoga 10:00 Aerobics 10:00 Stayin' Alive 10:00 Water Colors 11:00 Chinese Mahjongg 12:00 Canasta & Bridge 12:00 Wii Bowling 12:30 Chicken Foot 1:00 Ping Pong 5:00 Linda's Line Dance Class</p>	<p>13. 8:30 Yoga 9:00 Men's Coffee Hour 9:30 Water Aerobics DAC 10:00 Gloria's Line Dance 10:45 Tai Chi 11:30 Chair Yoga 12:00 Mahjongg 12:30 Kick Boxing 1:00 Rook 1:30 Aerobics Class</p>	<p>14. 8:30 Yoga 9:45 Mindfulness Meditation Group 10:00 Art Class 10:00 Aerobics 11:00 Chinese Mahjongg 12:00 Chicken Foot & Canasta 12:00 Wii Bowling 1:00 Ping Pong 2:00 Hearts</p>	<p>15. 8:15 Pilates 9:00 Jean's Dance Class 10:00 Fitness Dance 11:30 Mexican Dominos 1:00 Aerobics Class 1:00 Bunco Girls 1:00 Hand & Foot</p>	<p>16. 8:15 Yoga 8:30 Chair Yoga 10:00 Stayin Alive 10:00 Aerobics 10:00 Beginner's Art 11:00 Chinese Mahjongg 12:00 Hand & Foot 12:00 Canasta</p>
<p>19. 8:15 Yoga 10:00 Aerobics 10:00 Stayin Alive 10:00 Water Colors 11:00 Chinese Mahjongg 12:00 Canasta & Bridge 12:00 Wii Bowling 12:30 Chicken Foot 1:00 Ping Pong 5:00 Linda's Line Dance Class</p>	<p>8:30 Yoga 9:00 Men's Coffee 9:30 Water Aerobics DAC 10:00 Gloria's Line Dance 10:45 Tai Chi 11:30 Chair Yoga 12:00 Mahjongg 12:30 Kick Boxing 1:00 Rook 1:30 Aerobics Class</p>	<p>21. 8:30 Yoga 9:45 Mindfulness Meditation Group 10:00 Art Class 10:00 Aerobics 11:00 Chinese Mahjongg 12:00 Chicken Foot & Canasta 12:00 Wii Bowling 1:00 Ping Pong 2:00 Hearts</p>	<p>22. 8:15 Pilates 9:00 Jean's Line Dance Class 10:00 Fitness Dance 11:30 Mexican Dominos 1:00 Aerobics Class 1:00 Hand & Foot</p>	<p>23. 8:15 Yoga 8:30 Chair Yoga 10:00 Aerobics 10:00 Stayin Alive 10:00 Beginner's Art 11:00 Chinese Mahjongg 12:00 Hand & Foot 12:00 Canasta</p>
<p>26. 8:15 Yoga 10:00 Aerobics 10:00 Stayin Alive 10:00 Water Colors 11:00 Chinese Mahjongg 12:00 Canasta & Bridge 12:00 Wii Bowling 12:30 Chicken Foot 1:00 Ping Pong 5:00 Linda's Line Dance Class</p>	<p>27. 8:30 Yoga 9:00 Men's Coffee Hour 9:30 Water Aerobics DAC 10:00 Gloria's Dance 10:45 Tai Chi 11:30 Chair Yoga 12:00 Mahjongg 12:30 Kick Boxing 1:00 Rook 1:30 Aerobics Class</p>	<p>28. 8:30 Yoga 9:45 Mindfulness Meditation Group 10:00 Art Class 10:00 Aerobics 11:00 Chinese Mahjongg 12:00 Chicken Foot & Canasta 12:00 Wii Bowling 1:00 Ping Pong 2:00 Hearts</p>	<p>29. 8:15 Pilates 9:00 Jean's Line Dance Class 10:00 Fitness Dance 11:30 Mexican Dominos 1:00 Aerobics Class 1:00 Hand & Foot</p>	<p>30. 8:15 Yoga 8:30 Chair Yoga 10:00 Aerobics 10:00 Stayin Alive 10:00 Beginner's Art 11:00 Chinese Mahjongg 12:00 Hand & Foot 12:00 Canasta</p>