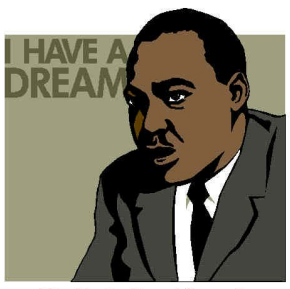
January 2017

Tamarac Senior Program—Monday through Friday 8 am to 4:30 pm

Mon	Tue	Wed	Thu	Fri
2 **HOLIDAY CITY CLOSED 2017 HAPPY NEW YEAR!**	**3** 9:00 - 10:00 Walking Club 9:45 - 10:45 Carol's Cardio 10:00 - 11:00 Adult Coloring 10:00 - 11:00 Jazzercise 10:00 - 12:00 Creative Writing 10:00 - 3:00 Mah Jong 10:30 - 11:30 Sit & Fit 11:30 - 12:30 Chair Yoga 12:30 - 3:00 Pickleball (Adv.) 1:00 - 3:00 Painting	**4** 9:00 - 10:00 Walking Club 9:00 - BLEND WORKSHOP 10:00 - 11:00 Proactive Arthritis Water Exercise (Aquatic Center) 10:00 - 11:00 Debbie's Movement Mix 10:15 - 11:15 Small Group Training 10:30 - 12:15 Volleyball 11:15 - 12:15 Zumba 11:30 - 12:30 Core Yoga 12:00 - 4:00 Card Games 12:30 - 3:00 Pickleball (Intermediate)	**5** 9:00 - 10:00 Walking Club 10:00 - 11:00 Jazzercise 10:30 - 11:30 Sit & Fit 11:00 - 12:00 Line Dancing 11:30 - 12:30 Chair Yoga 11:15 - 12:15 Volleyball 12:15 - 4:00 Ping Pong 1:00 - 3:00 Senior Dance 1:00 - 4:30 Mah Jong Pickleball Fundamentals—CANCELLED TRIP - DIRTY DANCING 4 pm to11 pm Pre-registration reqd.	**6** 9:00 - 10:00 Walking Club 9:30 - 11:00 Qi Gong & Tai Chi 10:00 - 11:00 Jazzercise 10:00 - 11:00 Zumba Sentao 10:00 - 1:00 Clay Class 11:00 - 12:00 Carol's Cardio 11:00 - 1:00 Ping Pong 11:15 - 12:15 Debbie's Movement Mix 12:00 - 4:00 Card Games 12:30 - 3:00 Pickleball (Int/Adv.) 12:15 - 1:15 Gentle Yoga 2:00 - 4:00 "Battle of the Sexes"
9 9:00 - 10:00 Walking Club 9:00 - 10:30 Qi Gong & Tai Chi 10:00 - 11:00 Proactive Arthritis Water Exercise (Aquatic Center) 10:00 - 11:00 Jazzercise 10:15 - 11:15 Cycling 10:30 - 11:30 Yoga 11:00 - 12:00 Line Dancing 11:15 - 12:15 Volleyball 12:00 - 1:00 Zumba Gold 12:00 - 4:00 Card Games 12:30 - 3:00 Pickleball (Beg) 12:30 - 2:30 Bingo 1:00 - 2:00 Happy Hookers Knit 1:00 - 4:30 Mah Jong	**10** 9:00 - 10:00 Walking Club 9:45 - 10:45 Carol's Cardio 10:00 - 11:00 Jazzercise 10:00 - 12:00 Adult Coloring 10:00 - 12:00 Creative Writing 10:00 - 3:00 Mah Jong 10:30 - 11:30 Sit & Fit 11:30 - 12:30 Chair Yoga 12:30 - 3:00 Pickleball (Adv.) 1:00 - 3:00 Painting	**11** 9:00 - 10:00 Walking Club 9:00 - TAPPING WORKSHOP 10:00 - 11:00 Proactive Arthritis Water Exercise (Aquatic Center) 10:00 - 11:00 Debbie's Movement Mix 10:15 - 11:15 Small Group Training 10:30 - 12:15 Volleyball 11:15 - 12:15 Zumba 11:30 - 12:30 Core Yoga 12:00 - 4:00 Card Games 12:30 - 3:00 Pickleball (Intermediate)	**12** 9:00 - 10:00 Walking Club 10:00 - 11:00 Jazzercise 11:00 - 12:00 Line Dancing *11:15 Sit & Fit—TIME CHANGE* *12:15 Chair Yoga—TIME CHANGE* *Volleyball—CANCELLED* 12:15 - 4:00 Ping Pong 1:00 - 3:00 Senior Dance 1:00 - 4:30 Mah Jong 1:30 - 3:00 Pickleball Fundamentals TRIP - CABARET 5pm to11 pm Pre-registration reqd.	**13** 9:00 - 10:00 Walking Club 9:30 - 11:00 Qi Gong & Tai Chi 10:00 - 11:00 Jazzercise 10:00 - 11:00 Zumba Sentao 10:00 - 1:00 Clay Class 11:00 - 12:00 Carol's Cardio 11:00 - 1:00 Ping Pong 11:15 - 12:15 Debbie's Movement Mix 12:00 - 4:00 Card Games 12:30 - 3:00 Pickleball (Int/Adv.) 12:15 - 1:15 Gentle Yoga 2:00 - 4:00 "Battle of the Sexes" MLK Jr. - Artist Reception - 6pm
16 **THE CITY WILL BE CLOSED In Observance of the Martin Luther King, Jr. Holiday**  Martin Luther King, Jr.	**17** 9:00 - 10:00 Walking Club 9:45 - 10:45 Carol's Cardio 10:00 - 12:00 Adult Coloring 10:00 - 11:00 Jazzercise 10:00 - 12:00 Creative Writing 10:00 - 3:00 Mah Jong 10:30 - 11:30 Sit & Fit 11:00 – 12:00 SENOR SOCIAL Speaker: DR. SWERDLOFF BROWARD HEALTH Topic: WATER SAFETY 11:30 - 12:30 Chair Yoga 12:30 - 3:00 Pickleball (Adv.) 1:00 - 3:00 Painting	**18** 9:00 - 10:00 Walking Club 10:00 - 11:00 Proactive Arthritis Water Exercise (Aquatic Center) 10:00 - 11:00 Debbie's Movement Mix 10:15 - 11:15 Small Group Training 10:30 - 12:15 Volleyball 11:15 - 12:15 Zumba 11:30 - 12:30 Core Yoga *Card Games - CANCELLED* 12:30 - 3:00 Pickleball (Intermediate)	**19** 9:00 - 10:00 Walking Club 10:00 - 11:00 Jazzercise 10:30 - 11:30 Sit & Fit *Line Dancing—CANCELLED* 11:30 - 12:30 Chair Yoga 11:15 - 12:15 Volleyball 12:15 - 4:00 Ping Pong 1:00 - 3:00 Senior Dance 1:00 - 4:30 Mah Jong 1:30 - 3:00 Pickleball Fundamentals	**20** 9:00 - 10:00 Walking Club 9:30 - 11:00 Qi Gong & Tai Chi 10:00 - 11:00 Jazzercise 10:00 - 11:00 Zumba Sentao 10:00 - 1:00 Clay Class 11:00 - 12:00 Carol's Cardio 11:00 - 1:00 Ping Pong 11:15 - 12:15 Debbie's Movement Mix 12:00 - 4:00 Card Games 12:30 - 3:00 Pickleball (Int/Adv.) 12:15 - 1:15 Gentle Yoga 2:00 - 4:00 "Battle of the Sexes"
23 9:00 - 10:00 Walking Club 9:00 - 10:30 Qi Gong & Tai Chi 10:00 - 11:00 Proactive Arthritis Water Exercise (Aquatic Center) 10:00 - 11:00 Jazzercise 10:15 - 11:15 Cycling 10:30 - 11:30 Yoga *Line Dancing—CANCELLED* 11:15 - 12:15 Volleyball 12:00 - 1:00 Zumba Gold 12:00 - 4:00 Card Games 12:30 - 3:00 Pickleball (Beg) 12:30 - 2:30 Bingo 1:00 - 2:00 Happy Hookers Knit 1:00 - 4:30 Mah Jong	**24** 9:00 - 10:00 Walking Club 9:45 - 10:45 Carol's Cardio 10:00 - 11:00 Adult Coloring 10:00 - 11:00 Jazzercise 10:00 - 12:00 Creative Writing 10:00 - 3:00 Mah Jong 10:30 - 11:30 Sit & Fit 11:30 - 12:30 Chair Yoga 12:30 - 3:00 Pickleball (Adv.) 1:00 - 3:00 Painting	**25** 9:00 - 10:00 Walking Club 9:00 - 10:00 Proactive Arthritis Water Exercise (Aquatic Center) 10:00 - 11:00 Debbie's Movement Mix 10:15 - 11:15 Small Group Training 10:30 - 12:15 Volleyball 11:15 - 12:15 Zumba 11:30 - 12:30 Core Yoga 12:00 - 4:00 Card Games 12:30 - 3:00 Pickleball (Intermediate)	**26** 9:00 - 10:00 Walking Club 10:00 - 11:00 Jazzercise 10:30 - 11:30 Sit & Fit 11:00 - 12:00 Line Dancing 11:30 - 12:30 Chair Yoga 11:15 - 12:15 Volleyball 12:15 - 4:00 Ping Pong 1:00 - 3:00 Senior Dance 1:00 - 4:30 Mah Jong 1:30 - 3:00 Pickleball Fundamentals GREAT ESCAPE: BOCA TOWN CENTER 10am to 3pm	**27** 9:00 - 10:00 Walking Club 9:30 - 11:00 Qi Gong & Tai Chi 10:00 - 11:00 Jazzercise 10:00 - 11:00 Zumba Sentao 10:00 - 1:00 Clay Class 11:00 - 12:00 Carol's Cardio 11:00 - 1:00 Ping Pong 11:15 - 12:15 Debbie's Movement Mix 12:00 - 4:00 Card Games 12:30 - 3:00 Pickleball (Int/Adv.) 12:15 - 1:15 Gentle Yoga 2:00 - 4:00 "Battle of the Sexes"
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