

January

MON	TUE	WED	THU	FRI
<p>Green—Senior social</p> <p>Black—Senior Fitness</p> <p>Blue—Learn about the Y</p>		<p>1</p> <p>Happy New Year!</p>	<p>2</p> <p>10:00am— Silver Sneakers</p>	<p>3</p> <p>10:00am—Cards/Board games</p>
<p>6</p> <p>8:15am—Senior Aqua</p>	<p>7</p> <p>10:00am— Silver Sneakers</p>	<p>8</p> <p>10:00am—Aqua Fit</p> <p>8:00am—Coffee and Conversation</p>	<p>9</p> <p>10:00am— Silver Sneakers</p>	<p>10</p> <p>10:00am—Cards/Board games</p>
<p>13</p> <p>8:15am—Senior Aqua</p>	<p>14</p> <p>10:00am— Silver Sneakers</p>	<p>15</p> <p>10:00am—Aqua Fit</p>	<p>16</p> <p>10:00am— Silver Sneakers</p>	<p>17</p> <p>10:00am—Cards/Board games</p>
<p>20</p> <p>8:15am—Senior Aqua</p>	<p>21</p> <p>10:00am— Silver Sneakers</p>	<p>22</p> <p>10:00am—Aqua Fit</p>	<p>23</p> <p>10:00am— Silver Sneakers</p>	<p>24</p> <p>10:00am—Cards/Board games</p>
<p>27</p> <p>8:15am—Senior Aqua</p>	<p>28</p> <p>10:00am— Silver Sneakers</p>	<p>29</p> <p>10:00am—Aqua Fit</p> <p>1pm— Y—101 (learn about your membership)</p>	<p>30</p> <p>10:00am— Silver Sneakers</p>	<p>31</p> <p>10:00am—Cards/Board games</p>



Date TBD

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PRESENTED

BY

 The logo for Select Physical Therapy, featuring a stylized tree icon and the text 'Select PHYSICAL THERAPY' with the tagline 'The Power of Physical Therapy™' below it.