

New Beginnings Club Schedule January 2010

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:00 Meet & Greet 10:00 Serenity Stretch 10:30 Creative Art 12:00 Lunch 1:00 Movie Matinee, 1:00 Billiards	9:00 Meet & Greet 10:00 Serenity Stretch 10:00 Computer Skills 10:30 Board Games 10:30 Billiards 12:00 Lunch 1:00 Wii Bowling	9:00 Meet & Greet 10:00 Serenity Stretch 10:30 Billiards 11:00 Wii Bowling 12:00 Lunch 12:30 Fitness with Kathy 1:00 Cards	9:00 Meet & Greet 10:00 Serenity Stretch 10:00 Computer Skills 10:00 Woodworking 10:30 Creative Art 12:00 Lunch 12:30 P.R.E.S. 1:30 Board Games 1:00 Wii Bowling 1:00 Shuffle Board	9:00 Meet & Greet 10:30 body Mind and Spirit Exercises 10:30 Billiards 11:00 Music with Tony 12:00 Lunch 12:30 Movemental Dance with Ann 1:00 Cards, Billiards, and Board Games! 1: Shuffle Board

Days to remember!!

EVENT	DATES
Free Lunch, Lasagna	01/04/10 Starting @ 10am
Card making with Cindy	Wed, Jan. 6 @ 1pm
Care giver and member support group.	Wed, Jan. 20 @ 6pm
P.R.E.S. Exercise with, Cathy	Wed, Thurs @ 12:30, and Fri. @ 10:30
Jan. Birthday Party	Fri, Jan. 29





New Activities & Special Events In January

Meet & Greet *FREE*

Coffee tea and snacks!

Serenity Stretch *FREE*

Don't be shy, come on out and join a couple of serenity stretch classes. These are held every morning at 10:00. You might surprise yourself. These class are a great way to start your day.

Dog Walking *FREE*

As weather permits, we will "borrow" dogs from the OSPCA to take on some wonderful autumn walks You might find a furry friend.

P.R.E.S. FITNESS *FREE*

Join Kathy, (our certified personal trainer) every Thursday at 12:30 for a unique exercise class designed with your specific needs in mind. Class is open to everyone of all abilities.

Music with Tony *FREE*

Everyone loves Tony! Come out and have some fun singing and laughing with your friends.

Skating at Memorial Arena *(see Sean or Lester for details)*

Every Monday from 12- 1:30pm, starting Monday Jan. 11/ 2010.

Movemental Dance *FREE*

Join Ann each Friday after lunch for an inspiring movemental dance class.

Woodworking *(some material costs for large projects)*

Every Thursday morning, the wood shop is bustling with activity, hand made individual projects as well as group projects are being created.

Creative Art *FREE*

Get creative, express yourself through your art. Make some unique, home-made ornaments and gifts for friends and family.

Body Mind and Spirit Exercises *FREE*

Come join Kathy, Lester, and Sean as we combine our exercise programs, to give you a great workout to kick off your Friday!