

# Naples Senior Center | January 2022

Mon	Tue	Wed	Thur	Fri
<b>3</b> 9:45 Total Fitness w/ Grace 10:00 Get to the Needlepoint 11:00 Chair Yoga DVD 1:00 Arts & Crafts w Kathy 3:00 Musical Monday w/ Dottie	<b>4</b> 10:00 Limber Up w/ Linda 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events Group <a href="#">1:00 Artistic Expressions Zoom</a> 1:30 Beginner Spanish: #14 3:00 Sing Along 3:00 Writing for the Fun of It!	<b>5</b> 9:45 Richard Simmons DVD 1:00 Movie: <i>Te Ata</i> 2:00 Writing & Civilization 3:00 HUGS; Happy Ukulele Group	<b>6</b> 9:45 Chair Exercise DVD 10:00 Guy Time 11:00 Simple Tai Chi 1:00 Origami 2:00 Connect 3:00 Line Dancing	<b>7</b> 9:45 Chair Yoga 10:00 Acrylic Art w/ Robyn 11:00 Simple Tai Chi Level 2 12:30-3:30 Cards & Games 1:00 Tech Assistance
<b>10</b> 9:45 Total Fitness w/ Grace 10:00 Art by You – Watercolor & DIY 11:00 Chair Yoga DVD 1:00 Imaginative Art from the Heart 3:00 Drum Circle w/ Jim	<b>11</b> 10:00 Limber Up w/ Linda 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events Group <a href="#">1:00 Artistic Expressions Zoom</a> 1:30 Beginner Spanish: #15 3:00 Sing Along 3:00 Writing for the Fun of It!	<b>12</b> 9:45 Richard Simmons DVD 1:00 Tech Assistance 1:00 Movie: <i>Red Notice</i> 2:00 Writing & Civilization 3:00 HUGS; Happy Ukulele Group	<b>13</b> 9:45 Chair Exercise DVD 10:00 Guy Time 11:00 Simple Tai Chi 1:00 VIP – Veterans in Paradise 2:00 Mozart – His Life & Music 3:00 Line Dancing	<b>14</b> 9:45 Chair Yoga 10:00 Fond Memories 11:00 Simple Tai Chi Level 2 12:30-3:30 Cards & Games
<b>17</b> 9:45 Total Fitness w/ Grace 10:00 Get to the Needlepoint 11:00 Chair Yoga DVD 11am-3pm Hearing Clinic (appt req'd) 1:00 Creative Cards 3:00 Travelogue w/ Jim	<b>18</b> 10:00 Limber Up w/ Linda 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events Group <a href="#">1:00 Artistic Expressions Zoom</a> 1:30 Beginner Spanish: #16 3:00 Sing Along 3:00 Writing for the Fun of It!	<b>19</b> 9:45 Richard Simmons DVD 1:00 Movie: <i>The Dig</i> 2:00 Writing & Civilization 3:00 HUGS; Happy Ukulele Group	<b>20</b> 9:45 Chair Exercise DVD 10:00 Guy Time 11:00 Simple Tai Chi 1:00 Book Discussion 2:00 Connect 3:00 Line Dancing	<b>21</b> 9:45 Chair Yoga 10:00 Acrylic Art w/ Robyn 11:00 Simple Tai Chi Level 2 12:30-3:30 Cards & Games 1:00 Tech Assistance
<b>24</b> 9:45 Total Fitness w/ Grace 10:00 Art by You – Watercolor & DIY 11:00 Chair Yoga DVD 1:00 Imaginative Art from the Heart 3:00 Drum Circle w/ Jim	<b>25</b> 10:00 Limber Up w/ Linda 10:00 Needleworks 11:00 Advanced Tai Chi 12:00 Current Events Group <a href="#">1:00 Artistic Expressions Zoom</a> 1:30 Beginner Spanish: #17 3:00 Sing Along 3:00 Writing for the Fun of It!	<b>26</b> 9:45 Richard Simmons DVD 1:00 Movie: <i>Zero to Hero</i> 1:00 Tech Assistance 2:00 Writing & Civilization 3:00 HUGS; Happy Ukulele Group	<b>27</b> 9:45 Chair Exercise DVD 10:00 Guy Time 11:00 Simple Tai Chi 1:00 How Do I Facebook 2:00 Mozart – His Life & Music 3:00 Line Dancing	<b>28</b> 9:45 Chair Yoga 10:00 Fond Memories 11:00 Simple Tai Chi Level 2 12:30-3:30 Cards & Games
<b>31</b> 9:45 Total Fitness w/ Grace 10:00 Get to the Needlepoint 11:00 Chair Yoga DVD 1:00 History of Collier County & Water Usage 3:00 Creative Genius of Charlie Chaplin			<b>5025 Castello Drive            Naples, FL 34103            239-325-4444</b>  <a href="https://www.naplesseniorcenter.org/senior-center/">https://www.naplesseniorcenter.org/senior-center/</a>	