

JANUARY 2010 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>All classes and programs will continue to take place at 6 Noble Street until spring</p>			<p>1</p> <p>HAPPY NEW YEAR! (no yoga class)</p>
<p>4</p> <p>8:00 Simply Aerobics 9:00 Yoga 9:00 Crafters 12:00 Bridge 2:30-3:30 Ping Pong 5:00 Interval Plus</p> <p>2:30-5:30 Teen Center</p>	<p>5</p> <p>8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Basic Art 12:40 Friends with Mt. Ararat 1:00 Quilters</p> <p>2:30-5:30 Teen Center</p>	<p>6</p> <p>8:45 Intermediate Cribbage 9:30 Line Dancing 11:15-12:30 Ping Pong 1:00 Writer's Group 1:30-3:00 Tai Chi 5:00 Interval Plus</p> <p>2:30-5:30 Teen Center</p>	<p>7</p> <p>8:00 Strength Training 9:00-10:15 Ping-Pong 10:00 Advanced Art 6:00 Course in Miracles 6:00 Yoga 7:15 p.m. Line Dancing</p> <p>2:30-5:30 Teen Center</p>	<p>8</p> <p>9:00 Yoga</p>
<p>11</p> <p>8:00 Simply Aerobics 9:00 Yoga 9:00 Crafters 11:00-1:00 Flu Clinic Seasonal and H1N1 12:00 Bridge 2:30-3:30 Ping Pong 5:00 Interval Plus</p> <p>2:30-5:30 Teen Center</p>	<p>12</p> <p>8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Basic Art 11:30 LUNCH OUT Brunswick House of Pizza Maine Street, Brunswick 12:40 Friends with Mt. Ararat</p> <p>2:30-5:30 Teen Center</p>	<p>13</p> <p>8:00 Men's Breakfast 8:45 Intermediate Cribbage 9:30 Line Dancing 11:15-12:30 Ping Pong 1:00 Writer's Group 1:30-3:00 Tai Chi 5:00 Interval Plus</p> <p>2:30-5:30 Teen Center</p>	<p>14</p> <p>8:00 Strength Training 9:00-10:15 Ping-Pong 10:00 Advanced Art 6:00 Course in Miracles 6:00 Yoga 7:15 p.m. Line Dancing</p> <p>2:30-5:30 Teen Center</p>	<p>15</p> <p>9:00 Yoga</p>
<p>18</p> <p>CENTER CLOSED</p> <p>Martin Luther King, Jr. Day</p>	<p>19</p> <p>8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Basic Art 1:00 Quilters</p> <p>2:30-5:30 Teen Center</p>	<p>20</p> <p>8:45 Intermediate Cribbage 9:30 Line Dancing 11:15-12:30 Ping Pong 1:00 Writer's Group 1:30-3:00 Tai Chi 5:00 Interval Plus</p> <p>2:30-5:30 Teen Center</p>	<p>21</p> <p>8:00 Strength Training 9:00-10:15 Ping-Pong 10:00 Advanced Art 11:00-1:00 Membership Fair and Lunch 1:00 "Insights" Volunteer Session 6:00 Course in Miracles 6:00 Yoga 7:15 p.m. Line Dancing</p> <p>2:30-5:30 Teen Center</p>	<p>22</p> <p>9:00 Yoga</p>
<p>25</p> <p>8:00 Simply Aerobics 9:00 Yoga 9:00 Crafters 11-12:00 Blood Pressure Check 12:00 Bridge 2:30-3:30 Ping Pong 5:00 Interval Plus</p> <p>2:30-5:30 Teen Center</p>	<p>26</p> <p>8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Basic Art 12:40 Friends with Mt. Ararat</p> <p>2:30-5:30 Teen Center</p>	<p>27</p> <p>8:45 Intermediate Cribbage 9:30 Line Dancing 11:15-12:30 Ping Pong 1:00 Writer's Group 1:30-3:00 Tai Chi 5:00 Interval Plus</p> <p>1:00-4:30 Teen Center</p>	<p>28</p> <p>8:00 Strength Training 9:00-10:15 Ping-Pong 10:00 Advanced Art 6:00 Course in Miracles 6:00 Yoga 7:15 p.m. Line Dancing</p> <p>2:30-5:30 Teen Center</p>	<p>29</p> <p>9:00 Yoga</p>