

Thomasville Activities Calendar

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>DAVIDSON COUNTY SENIOR SERVICES <i>Aging EMPOWERED!</i></p> <p>\$- Indicates class has a fee</p>		1. CENTER CLOSED 	2. 8:00 – 5:00pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 12 pm Phase 10	3. 8:00 -4:45 pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 12 p.m. Phase 10
		6. 8:00 – 5:00pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 12 pm Phase 10 12:30 –1:30 pm Chair Yoga \$	7. 8:00 – 5:00pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 9 am Get Strong! 12-2 pm Table Tennis 12 pm Phase 10 2:15 pm Fitness Rm Orientation 5:30-6:30 pm Shag: Advanced \$	8. 8:00 – 5:00pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 11:00-12:30 pm Line Dancing \$ 12 pm Phase 10
13. 8:00 – 5:00pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 12 pm Phase 10 12:30 –1:30 pm Chair Yoga \$	14. 8:00 – 5:00pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 9 am Get Strong! 12-2 pm Table Tennis 12 pm Phase 10 2:15 pm Fitness Rm Orientation 5:30-6:30 pm Shag: Advanced \$	15. 8:00 – 5:00pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 11:00-12:30 pm Line Dancing \$ 12 pm Phase 10	16. 8:00 – 5:00pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 12 pm Phase 10	17. 8:00 -4:45 pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 12 p.m. Phase 10
20. 8:00 – 5:00pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 12 pm Phase 10 12:30 –1:30 pm Chair Yoga \$	21. 8:00 – 5:00pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 9 am Get Strong! 12-2 pm Table Tennis 12 pm Phase 10 2:15 pm Fitness Rm Orientation 5:30-6:30 pm Shag: Advanced \$	22. 8:00 – 5:00pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 11:00-12:30 pm Line Dancing \$ 12 pm Phase 10	23. 8:00 – 5:00pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 12 pm Phase 10	24. 8:00 -4:45 pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 12 p.m. Phase 10
27. 8:00 – 5:00pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 12 pm Phase 10 12:30 –1:30 pm Chair Yoga \$	28. 8:00 – 5:00pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 9 am Get Strong! 12-2 pm Table Tennis 12 pm Phase 10 2:15 pm Fitness Rm Orientation 5:30-6:30 pm Shag: Advanced \$	29. 8:00 – 5:00pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 11:00-12:30 pm Line Dancing \$ 12 pm Phase 10 1-4 pm Deco Mesh Wreaths \$	30. 8:00 – 5:00pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 12 pm Phase 10	31 8:00 -4:45 pm Hall Walking 8:30 -4:30 pm Book Exchange 8:30 -4:30 pm Computer Lab 8:30 -4:30 pm Fitness Room 12 p.m. Phase 10