



GLENWOOD 50+CENTER
JANUARY 2020 / PROGRAMS
WWW.GLENWOOD50PLUS.ORG

 REGISTER AT THE FRONT DESK OR BY PHONE FOR FREE PROGRAMS ONLINE OR IN PERSON FOR PAID PROGRAMS	FOR HCC COURSE PLEASE REGISTER THROUGH HCC REGISTER FOR LUNCH 1 WEEK IN ADVANCE	1 CLOSED NEW YEARS DAY	2 \$Hatha Yoga 9 \$Qi Gong/Tai Chi 9 \$Gentle Yoga 10:15 Pickle Ball 11 \$Line Dancing Beg 1 \$Line Dancing Inter 2	3 Meditation 8:30 Welcome Waffle Bar 9 Basketball \$Yoga 1/2 9 Pinochle 10 Pickle Ball 12 \$Flex, Stretch, Move 2
6 \$Energize HIT 8:20 Basketball 9 Pinochle 10 \$Pilates 9:30 Bridge 12:45 \$Prime Time 1 \$Core Yoga 3	7 \$Hatha Yoga 9 Men's Roundtable 10 \$Gentle Yoga 10:15 Pickle Ball 11 Chinese Mahjong 1	8 \$Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 \$Foods for Luck 12 Bridge 12:45 \$Prime Time 1 \$Gentle Yoga 2 \$Hatha Yoga 3:15	9 \$Hatha Yoga 9 \$Qi Gong/Tai Chi 9 \$Reflexology 9 Genealogy 10 \$Gentle Yoga 10:15 Pickle Ball 11 Salad Bar 12 \$Line Dancing Beg 1 Book Club 1 \$HCC Course 1 \$Line Dancing Inter 2	10 Meditation 8:30 Basketball \$Yoga 1/2 9 Pinochle 10 Salad Bar 12 Pickle Ball 12 Movie: Judy 1 \$Flex, Stretch, Move 2
13 \$Energize HIT 8:20 Basketball 9 Ask the Pharmacist 9 \$Pilates 9:30 Pinochle 10 History of Broadway 11 Bridge 12:45 \$Prime Time 1 \$Core Yoga 3	14 \$Hatha Yoga 9 New Members 9 Men's Roundtable 10 \$Gentle Yoga 10:15 \$Sit & Fit 11 Pickleball 11 Chinese Mahjong 1 Council Meeting 1 \$HCC Course 1	15 \$Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 MAP Talk 10 Civil War Series 10 Bridge 12:45 \$Prime Time 1 \$Gentle Yoga 2 \$Hatha Yoga 3:15	16 \$Hatha Yoga 9 \$Reflexology 9 \$Qi Gong/Tai Chi 9 \$Gentle Yoga 10:15 \$Sit & Fit 11 Pickleball 11 \$Baked Potato Bar 12 \$Line Dancing Beg 1 \$HCC Course 1 \$Line Dancing Inter 2	17 Meditation 8:30 Basketball \$Yoga 1/2 9 Pinochle 10 Pickle Ball 12 \$Baked Potato Bar 12 \$Flex, Stretch, Move 2
20 CLOSED MARTIN LUTHER KING DAY	21 \$Hatha Yoga 9 Men's Roundtable 10 \$Gentle Yoga 10:15 \$Sit & Fit 11 Pickleball 11 Chinese Mahjong 1 \$HCC Course 1	22 \$Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 Bridge 12:45 \$Prime Time 1 \$Gentle Yoga 2 \$Hatha Yoga 3:15	23 \$Hatha Yoga 9 \$Reflexology 9 \$Qi Gong/Tai Chi 9 \$Gentle Yoga 10:15 \$Sit & Fit 11 Pickleball 11 \$Line Dancing Beg 1 \$HCC Course 1 \$Line Dancing Inter 2 \$Cabin Fever DIY 2	24 Meditation 8:30 Basketball 9 \$Yoga 1/2 9 Pinochle 10 Pickle Ball 12 \$Lunar New Year 11:30 Movie: Where Did You Go Bernadette 1 \$Flex, Stretch, Move 2
27 \$Energize 8:20 Basketball 9 Pinochle 10 \$Pilates 9:30 Bridge 12:45 \$Prime Time 1 \$Core Yoga 3	28 Blood Pressure 8:30 \$Hatha Yoga 9 Men's Roundtable 10 \$Gentle Yoga 10:15 \$Sit & Fit 11 Pickleball 11 Chinese Mahjong 1 \$HCC Course 1	29 \$Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 Bridge 12:45 \$Prime Time 1 \$Gentle Yoga 2 \$Hatha Yoga 3:15	30 \$Hatha Yoga 9 \$Reflexology 9 \$Qi Gong/Tai Chi 9 \$Gentle Yoga 10:15 \$Sit & Fit 11 Pickleball 11 \$HCC Course 1 \$Line Dancing Beg 1 \$Line Dancing Inter 2	31 Meditation 8:30 Basketball 9 \$Yoga 1/2 9 Pinochle 10 Pickle Ball 12