



Town 'N Country Senior Center

List of Events for Active Seniors

January 2015

Hours: 8:00 a.m. to 5:00 p.m.

Monday – Friday

Excluding Holidays

Rhonda Flowers, Center Manager

Flowersrh@hillsboroughcounty.org

Monday	
A.M.	P.M.
8:15 Gardening Club (Maintenance/planting/weeding)	12:15 Brainteasers
8:45 Yoga Stretch Class	12:15 ESOL Class Part II
9:00 American Mahjongg (Advanced Class)	12:15 Pinochle
9:30 Tai Chi Qigong (\$2.00 per class)	1:15 Beginner Spanish Class w/ Basilisa
10:00 ESOL Class (Learn English as a 2nd language)	1:00 Zumba (\$2.00 per class)
10:00 Advanced Walking Exercise (up to 5 miles)	2:15 Barbell Body Sculpting Independent Weight Training
10:45 Walking Exercise Class (4 miles)	3:30 Afternoon Walking Exercise Class
11:45 Bridge Club (Party Bridge-not an instructional class)	3:30 Conversational French Club
12:00 Chair Zumba (\$1.00 per class)	
Tuesday	
9:00 Early Bird Mingle-prelude to Stretch & Tone	12:15 Center Activity
9:00 Painting Class/Acrylics/Watercolors (\$3.00 per class)	12:30 Karaoke Club (1st/2nd/4th/5th Tuesday monthly)
10:00 Stretch & Tone	1:15 Tai Chi Qigong (\$2.00 per class)
10:00 Center Activity	2:30 Walking Exercise Class (up to 4 miles)
10:30 Beginning Drawing (\$3.00 a class)	2:30 Independent Computer Lab (no instruction)
11:15 Cardio Fitness Exercise	
Wednesday	
9:00 Quilting Club	12:15 Crochet Class & Sit and Sew
9:30 Walking Exercise (2 miles)	12:15 Center Activity
9:00 Beginner American Mahjongg Class	1:00 Rummikub Club (Craft Room)
10:00 Center Activity	1:00 Zumba (\$2.00 per class)
10:30 Rhythm and Dance Fitness Class	2:00 Let's Learn Spanish w/ Lou NEW (6 Months Only) (Workbook required)
11:45 Ping Pong, Corn Hole and Wii Games	2:15 Zumba Toning - (30 minutes \$1.00 a class)
Thursday	
9:00 Early Bird Mingle-prelude to Stretch & Tone	12:00 Cardio Fitness Exercise
10:00 Stretch & Tone	12:00 English Language Study Club (Part II)
10:00 English Language Study Club	1:15 Tai Chi Qigong (\$2.00 per class)
10:00 Intermediate Spanish (\$6.00 per class)	1:30 Tea Time (\$1.00 donation a person)
11:00 Beginner Acoustic Guitar Lessons w/ Victor	2:00 Independent Spanish Study Group
12:00 Progressive Acoustic Guitar Lessons w/ Victor	2:30 Computer Lab - Personalized Instruction
	2:30 Beginner's Ballroom Dance Class \$20.00 11/20-12/18
	3:30 Intermediate Ballroom Dance Class \$20. 11/20-12/18
Friday	
9:30 Creative Musing/Collective Writing Club	12:00 Art Lessons Projects Class(\$4.00 a class/2 hr. class)
9:30 Meditation/Relaxation Class	12:15 Center Activity
9:30 Tai Chi Qigong (\$2.00 per class)	12:15 Zumba (\$2.00 per class)
10:00 Center Activity	1:30 Music & Dancing / Indoor Games (Ping Pong, Cornhole, Volleyball)
10:45 Walking Exercise Class (3 miles)	1:30 Feature Movie and Refreshments