


THE TERRACES JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SIGN UPS REQUIRED FOR EVENTS in RED	Room Key: PAC—Performing Arts Center FIT—Fitness Center MLT—Multipurpose Room LNG - IL Living Room		CHANNEL 195 Keep up to date. A few minutes each day keeps you informed and in the know	Happy New Year!	1 New Year's Day 10:30 Low-Impact Aerobics FIT 7 Evening Movie on channel 195
2 1:45 Publix 7 Evening movie on channel 195	3 9 Stretch It Out (20 m) FIT 9:30 Total Body Conditioning FIT 10:15 Balance RT 2 Balance RT 3:45 BINGO!	4 9:30 Advanced Balance FIT 10:15 Stationary Strength RT 11 Stretch It Out (20 m) MLT 11:30 Chair Yoga MLT 2 Fine Mark Round Table MLT	5 Let's Play Tennis @ 9 CRT 9:15 Balance FIT 9:45 Publix 10 Aqua Fit (45m) Inside Pool 11 Stationary Strength FIT 1:45 Coconut Point 2 Line Dancing FIT 4 Dr. Kerr PAC	6 9:30 Core and More RT 10:15 Stationary Strength RT 11 Intermediate Balance 11:30 Chair Yoga MLT 2 Wii Bowling MLT 4 Happy Hour PAC	7 9:30 Total Body Conditioning RT 10 Stretch It Out (20m) FIT 10:30 Balance FIT 3:30 Dr. Tom Cimarusti PAC 7 Estonia Hour LNG 7 Evening Moving on channel 195	8 10:30 Low - Impact Aerobics FIT 7 Evening Movie on channel 195
9 1:45 Publix 7 Evening movie on channel 195	10 9 Stretch It Out (20 m) RT 9:30 Total Body Conditioning RT 10:15 Balance RT 11 TDM Tech Class PAC 2 The Benefits of Exercise (Presentation by Melissa) MLT 3:45 BINGO!	11 9:30 Advanced Balance FIT 10 St. Leo's Mass MLT 10:15 Stationary Strength RT 11 Stretch It Out (20m) FIT 11:30 Chair Yoga MLT	12 Let's Play Tennis @ 9 CRT 9 Chatty with Patty 6 F 9:45 Balance FIT 9:45 Publix 10 Aqua Fit (45m) Inside Pool 11 Stationary Strength 11 Blood Pressure Clinic 1 Terraces Book Club MLT 7:45 Walmart 2 Line Dancing FIT	13 9:30 Core and More RT 10 Alzheimer's Support Group MLT 10:15 Stationary Strength RT 11 Intermediate Balance FIT 11:30 Chair Yoga MLT 2 Wii Bowling MLT 4 Happy Hour PAC	14 9:30 Total Body Conditioning RT 10 Stretch It Out (20m) FIT 10:30 Balance FIT 3:30 Paradise Coastmen Barbershop Chorus PAC 7 Evening Moving on channel 195	15 10:30 Low - Impact Aerobics FIT 7 Evening Movie on channel 195
16 1:45 Publix 7 Evening movie on channel 195	17 NO BINGO Martin Luther King Jr. Day 9 Stretch It Out (20m) RT 9:30 Total Body Conditioning RT 10:15 Balance RT 2 Balance RT 3 Divas Broadway Show PAC	18 9:30 Advanced Balance FIT 10:15 Stationary Strength RT 11 Stretch It Out (20m) FIT 11:30 Chair Yoga MLT 2 Movie Matinee & Popcorn (POMS) PAC	19 Let's Play Tennis @ 9 CRT 9:15 Balance RT 9:45 Publix 10 Aqua Fit (45m) Inside Pool 10 Town Hall Meeting PAC 11 Stationary Strength RT 1:45 Coconut Point 2 Line Dancing FIT	20 9 Bible Study PAC 9:30 Core and More FIT 10:15 Stationary Strength RT 11 Intermediate Balance RT 11:30 Chair Yoga MLT 2 Wii Bowling MLT 4 Happy Hour Happy Birthday PAC	21 9:30 Total Body Conditioning RT 10 Stretch It Out (20m) RT 10:30 Balance FIT 2 Nutrition Presentation by Christina MLT 7 Evening Movie on channel 195	22 10:30 Low - Impact Aerobics FIT 11 Broadway Palm (Singin' in The Rain) 7 Evening Movie on channel 195
23 1:45 Publix 7 Evening movie on channel 195	24 9 Stretch It Out (20m) RT 9:30 Total Body Conditioning RT 10:15 Balance FIT 2 Lifestyle Open Forum Bistro 3:45 BINGO!	25 9:30 Advanced Balance RT 10:15 Stationary Strength RT 11 Stretch It Out (20m) FIT 11:30 Chair Yoga MLT	26 Let's Play Tennis @ 9 CRT 9:15 Balance FIT 9:45 Publix 10 Aqua Fit (45m) Inside Pool 10 Alzheimer's Support Group 4 F Small Lounge 11 Blood Pressure Clinic 11 Stationary Strength FIT 1:45 Walmart 2 Line Dancing FIT 3 The Florida Keys Concert PAC	27 9 Bible Study PAC 9:30 Core and More FIT 10:15 Stationary Strength FIT 11 Intermediate Balance FIT 11:30 Chair Yoga MLT 2 Wii Bowling MLT 4 Happy Hour PAC	28 9:30 Total Body Conditioning RT 10 Stretch It Out RT 10:30 Balance FIT 2 Cardio Drumming FIT 7 Evening Movie on channel 195	29 10:30 Low-Impact Aerobics FIT 7 Evening Movie on channel 195
30 1:45 Publix 7: Evening movie on channel 195	31 9 Stretch It Out (20m) RT 9:30 Total Body Conditioning RT 10:15 Balance FIT 2 Balance RT 3:45 BINGO!	