CONRAD COMMUNITY CENTER - CAPAC

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SUN	MON	TUES	WED	THURS	FRI	SAT
		01	02	03	04	05
For Daily Events see page 17.			10:00 a.m. Plarn 11:00 a.m. Chair Exercise 1:30 p.m. Sew Fun	9:30 a.m. Zumba 1:00 p.m. Hand & Foot	11:00 a.m. Chair Exercise 1:00 p.m. Pinochle 1:30 p.m. Paint with Stacey	
06	07	08	09	10	11	12
	9:30 a.m. Line Dancing 11:00 a.m. Chair Exercise 1:00 p.m. Euchre	9:30 a.m. Zumba 1:30 p.m. Penny Bingo	10:00 a.m. Leaf Diamond Art 11:00 a.m. Chair Exercise 1:30 p.m. Sew Fun	NO Zumba 1:00 p.m. Hand & Foot	10:00 a.m 2:00 p.m. Boardwalk to Health Event NO Exercise Class or Pinochle	
13	14	15	16	17	18	19
12:00 noon Suicide Prevention Walk - www. walk2remember. myevent.com	Center Closed for the Holiday	9:30 a.m. Advisory Meeting 9:30 a.m. Zumba 12:00 noon Lakeshore Legal Aid 1:30 p.m. Penny Bingo	10:00 a.m. Plarn 11:00 a.m. Chair Exercise 1:30 p.m. Sew Fun	9:30 a.m. Zumba 1:00 p.m. Hand & Foot	10:00 a.m. Bean Bag Baseball 11:00 a.m. Chair Exercise 1:00 p.m. Pinochle	
20	21	22	23	24	25	26
	9:30 a.m. Line Dancing 11:00 a.m. Chair Exercise 1:00 p.m. Euchre	9:30 a.m. Zumba 1:30 p.m. Penny Bingo	10:00 a.m. Plarn 11:00 a.m. Chair Exercise 1:30 p.m. Sew Fun	9:30 a.m. Zumba 1:00 p.m. Hand & Foot	11:00 a.m. Chair Exercise 1:00 p.m. Pinochle	
27	28	29	30	31		
	Bus Trip - Tillson Street - Romeo 9:30 a.m. Line Dancing 11:00 a.m. Chair Exercise 1:00 p.m. Euchre	9:30 a.m. Zumba 1:30 p.m. Penny Bingo	10:00 a.m. Pumpkin Diamond Art 11:00 a.m. Chair Exercise 1:30 p.m. Sew Fun	9:30 a.m. Zumba 1:00 p.m. Hand & Foot		