



WINTER/SPRING CLASSES AT *The Village Club*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <i>February</i> 10-12 Village Club Writers	2
3	4 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	5	6 11-12 Combination Yoga and Mat Pilates	7 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga	8	9
10	11 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	12 10-11:30 The Readers 1-2 Mindfulness for Well-Being	13 11-12 Combination Yoga and Mat Pilates 2-4 Supervised Play 1	14 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga <i>Valentine's Day</i>	15 10-12 Village Club Writers	16
17	18 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates <i>President's Day</i>	19 1-2 Self-Compassion for Well-Being	20 11-12 Combination Yoga and Mat Pilates 2-4 Supervised Play 1	21 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga	22 5-7 Oscar Night	23
24	25 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	26	27 11-12 Combination Yoga and Mat Pilates 2-4 Supervised Play 1 6:30-8:30 Bridge Review	28 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga	1 <i>March</i> 10-11:30 Italy for Art Lovers 10-12 Village Club Writers	2
3	4 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	5 2-3:30 Play with Flowers	6 11-12 Combination Yoga and Mat Pilates 2-4 Play of the Hand 6:30-8:30 Bridge Review	7 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga	8	9
10	11 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	12 10-11:30 The Readers	13 11-12 Combination Yoga and Mat Pilates 2-4 Play of the Hand 6:30-8:30 Bridge Review	14 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga 4-6 Film 101	15 5-7 Prohibition Cocktails	16
17 <i>St. Patrick's Day</i>	18 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	19 12:30-4:15 Sanctioned Duplicate Bridge	20 11-12 Combination Yoga and Mat Pilates 2-4 Play of the Hand 6:30-8:30 Bridge Review	21 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga	22 10-12 Village Club Writers	23
24	25 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	26	27 11-12 Combination Yoga and Mat Pilates	28 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga	29	30
31	1 <i>April</i> 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	2 10-11 iPhone/iPad 11-12 iPhone/iPad 2-4:45 Barometer Game	3 11-12 Combination Yoga and Mat Pilates 2-4 Play of the Hand 6:30-8:30 Bridge Review	4 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga	5 10-12 Village Club Writers	6
7	8 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	9 10-11 iPhone/iPad 11-12 iPhone/iPad 10-11:30 The Readers 2-4:45 Barometer Game	10 11-12 Combination Yoga and Mat Pilates 2-4 Play of the Hand 6:30-8:30 Bridge Review	11 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga 4-6 Film 101	12 10:30-12:30 Cooking with Fresh Herbs	13



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	16 10-12 Spotlight Seminar: Defense and Balancing 10-11 iPhone/iPad 11-12 iPhone/iPad 2-4:45 Barometer Game	17 10-12 Beginning Mah Jongg 11-12 Combination Yoga and Mat Pilates 1:30-3 Love Those British Women 2-4 Play of the Hand	18 10-11 Morning Stretch and Yoga Basics 10-12 Beginning Mah Jongg 1-2 Chair Yoga 4-6 Anyone Can Paint	19 <i>Good Friday Passover begins</i>	20
21 <i>Easter</i>	22 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	23 10-11:30 Anytime Is Tea Time 10-11 iPhone/iPad 11-12 iPhone/iPad 12:30-4:15 Sanctioned Duplicate Bridge	24 11-12 Combination Yoga and Mat Pilates 2-4 Supervised Play 2	25 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga	26 10-12 Village Club Writers	27
28	29 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	30 10-12 Spotlight Seminar: Slam Bidding 10-11 iPhone/iPad 11-12 iPhone/iPad 2-4:45 Barometer Game	1 <i>May</i> 11-12 Combination Yoga and Mat Pilates 2-4 Supervised Play 2	2 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga	3 10-12 Village Club Writers	4
5	6 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	7 10-12 Spotlight Seminar: NT Opening and Interference Bids 10-11 iPhone/iPad 11-12 iPhone/iPad 2-4:45 Barometer Game	8 11-12 Combination Yoga and Mat Pilates 2-4 Supervised Play 2	9 10-11 Morning Stretch and Yoga Basics 10:30-12 Grow Your Own Fresh Herbs 1-2 Chair Yoga 4-6 Film 101	10	11
12 <i>Mother's Day</i>	13 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	14 10-11:30 The Readers 10-11 iPhone/iPad 11-12 iPhone/iPad	15 11-12 Combination Yoga and Mat Pilates 3:30-5 Taking Steps to Prevent Falls	16 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga	17 10-12 Village Club Writers	18
19	20 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	21 Wellness Day	22 11-12 Combination Yoga and Mat Pilates	23 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga	24	25
26	27 <i>Memorial Day</i>	28 12:30-4:15 Sanctioned Duplicate Bridge	29 11-12 Combination Yoga and Mat Pilates	30 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga	31	1 <i>June</i>
2	3 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	4 2-4:45 Barometer Game	5 11-12 Combination Yoga and Mat Pilates	6 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga	7 10-12 Village Club Writers	8
9	10 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	11 10-11:30 The Readers 10-12 Spotlight Seminar: Two-over-One Bidding 2-4:45 Barometer Game	12 11-12 Combination Yoga and Mat Pilates	13 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga	14	15
16 <i>Father's Day</i>	17 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	18	19 11-12 Combination Yoga and Mat Pilates	20 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga	21	22
23 30	24 8:30-9:30 Agebusters 10-11 Combination Yoga and Mat Pilates	25 12:30-4:15 Sanctioned Duplicate Bridge	26 11-12 Combination Yoga and Mat Pilates	27 10-11 Morning Stretch and Yoga Basics 1-2 Chair Yoga	28	29

Summer Sanctioned Duplicate Bridge at TVC: Tuesday, July 23, 12:30-4:15; Tuesday, August 27, 12:30-4:15