

Colleyville Senior Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02 10a - Tai Chi 2.0 10a - Chair Yoga 11a - Tai Chi 1p - Newcomers Sweet Swap 1p - Bridge Lessons 2p - Movie Mondays	03 8:15a - AARP Tax Help 9a - Chair Pilates Plus 10a - Fit Strong 10a - Rummikub 10a - Sit & Stitch 1p - Duplicate Bridge 1:30p - Yoga Flow	04 8a - Winstar 9a - Party Bridge 10a - Genealogy 10a - Tai Chi 2.0 11a - Tai Chi 2p - Mah Jongg	05 9a - Chair Pilates Plus 9:30a - Qigong 10a - Fit Strong 10a - Texas Hold 'Em 10a - Rummikub 1:30p - Yoga Flow 2p - Mah Jongg for Beginners	06 Noon - Metroport Meals on Wheels	07
08	09 10a - Tai Chi 2.0 10a - Chair Yoga 11a - Tai Chi 11:30a - Lunch & Learn: Seniors Helping Seniors 1p - Bridge Lessons 2p - Movie Mondays	10 8:15a - AARP Tax Help 9a - Chair Pilates Plus 10a - Fit Strong 10a - Rummikub 10a - Sit & Stitch 1p - Duplicate Bridge 1:30p - Yoga Flow	11 9a - Party Bridge 10a - Tai Chi 2.0 11a - Tai Chi 1p - Art Express 2p - Mah Jongg	12 9a - Chair Pilates Plus 9:30a - Qigong 10a - Montgomery Street Antique Mall 10a - Fit Strong 10a - Texas Hold 'Em 10a - Rummikub 2p - Mah Jongg for Beginners	13	14
15	16 8:30a - AARP Smart Driver 10a - Tai Chi 2.0 10a - Chair Yoga 11a - Tai Chi 1p - Bridge Lessons 2p - Movie Mondays	17 8:15a - AARP Tax Help 9a - Chair Pilates Plus 10a - Fit Strong 10a - Rummikub 10a - Sit & Stitch 1p - Duplicate Bridge 1:30p - Yoga Flow	18 8a - Winstar 9a - Party Bridge 10a - Tai Chi 2.0 11a - Tai Chi 2p - Mah Jongg	19 9a - Chair Pilates Plus 9:30a - Qigong 10a - Fit Strong 10a - Texas Hold 'Em 10a - Rummikub 1:30p - Yoga Flow 2p - Mah Jongg for Beginners	20 Noon - Metroport Meals on Wheels	21
22	23 10a - Tai Chi 2.0 10a - Chair Yoga 11a - Tai Chi 11:30a - Lunch & Learn: Robin Milton Real Estate 1p - Bridge Lessons 2p - Movie Mondays	24 8:15a - AARP Tax Help 9a - Chair Pilates Plus 10a - Fit Strong 10a - Rummikub 10a - Sit & Stitch 11:15a - Walk & Talk 1p - Duplicate Bridge 1:30p - Yoga Flow	25 9a - Party Bridge 10a - Tai Chi 2.0 11a - Tai Chi 2p - Mah Jongg	26 9a - Chair Pilates Plus 9:30a - Qigong 10a - Fit Strong 10a - Texas Hold 'Em 10a - Rummikub 11:15a - Spanish for Beginners 1:30p - Yoga Flow 2p - Mah Jongg for Beginners	27 Noon - Texas Hold 'Em Tournament	28
29	30 10a - Tai Chi 2.0 10a - Chair Yoga 11a - Tai Chi 1p - Bridge Lessons 2p - Movie Mondays	31 8:15a - AARP Tax Help 9a - Chair Pilates Plus 10a - Fit Strong 10a - Rummikub 10a - Sit & Stitch 11:15a - Walk & Talk 1p - Duplicate Bridge 1:30p - Yoga Flow	01	02	03	04