

Colleyville Senior Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	01 Noon - Metroport Meals on Wheels	02
03	04 10a - Tai Chi 2.0 10a - Chair Yoga 11a - Tai Chi 11:30a - Lunch & Learn: FreeForm Chiropractic 1p - Bridge Lessons 2p - Movie Mondays	05 9a - Chair Pilates Plus 9:30a - Methodist Southlake Medical Center Field Trip 10a - Fit Strong 10a - Rummikub 10a - Sit & Stitch 1p - Duplicate Bridge 1:30p - Yoga Flow	06 9a - Party Bridge 10a - Tai Chi 2.0 10a - Genealogy 11a - Tai Chi 2p - Mah Jongg	07 9a - Chair Pilates Plus 9:30a - Qigong 10a - Fit Strong 10a - Texas Hold 'Em 10a - Rummikub 1p - 42 1:30p - Yoga Flow	08	09
10	11 8:30a - AARP Smart Driver 10a - Tai Chi 2.0 10a - Chair Yoga 11a - Tai Chi 1p - Bridge Lessons 2p - Movie Mondays	12 9a - Chair Pilates Plus 10a - Fit Strong 10a - Rummikub 10a - Sit & Stitch 1p - Duplicate Bridge 1:30p - Yoga Flow	13 8a - Winstar 9a - Party Bridge 10a - Tai Chi 2.0 11a - Tai Chi 1p - Art Express 2p - Mah Jongg	14 9a - Chair Pilates Plus 9:30a - Qigong 10a - Fit Strong 10a - Texas Hold 'Em 10a - Rummikub 1p - 42 1:30p - Yoga Flow	15 Noon - Metroport Meals on Wheels	16
17	18 10a - Tai Chi 2.0 10a - Chair Yoga 11a - Tai Chi 1p - Newcomers Sweet Swap 1p - Bridge Lessons 2p - Movie Mondays	19 9a - Chair Pilates Plus 10a - Hearing Screenings 10a - Fit Strong 10a - Rummikub 10a - Sit & Stitch 1p - Duplicate Bridge 1:30p - Yoga Flow	20 9a - Party Bridge 9:30a - Crazy Water Tour 10a - Tai Chi 2.0 11a - Tai Chi 2p - Mah Jongg	21 9a - Chair Pilates Plus 9:30a - Qigong 10a - Fit Strong 10a - Texas Hold 'Em 10a - Rummikub 1p - 42 1:30p - Yoga Flow	22 Noon - Texas Hold 'Em Tournament	23
24	25 Center Closed	26 9a - Chair Pilates Plus 9a - Walk & Talk 10a - Fit Strong 10a - Rummikub 10a - Sit & Stitch 1p - Duplicate Bridge 1:30p - Yoga Flow	27 8a - Winstar 9a - Party Bridge 10a - Tai Chi 2.0 11a - Tai Chi 2p - Mah Jongg	28 9a - Chair Pilates Plus 9:30a - Qigong 10a - Fit Strong 10a - Texas Hold 'Em 10a - Rummikub 11:15a - Spanish for Beginners 1p - 42 1:30p - Yoga Flow 2p - Mah Jongg for Beginners	29 9a - Craft Show & Market	30
31	01	NOTES - Green activities require a registration fee.				