

Colleyville Senior Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01 10a - Tai Chi 2.0 10a - Chair Yoga 11a - Tai Chi 1p - Bridge Lessons 2p - Movie Mondays	02 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	03 9a - Party Bridge 10a - Tai Chi 2.0 10a - Genealogy 11a - Tai Chi 2p - Mah Jongg	04 9a - Chair Pilates Plus 9:30a - Qigong 10a - Fit Strong 10a - Texas Hold 'Em 10a - Rummikub 1p - 42 1:30p - Yoga Flow 2p - Mah Jongg for Beginners	05 Noon - Metroport Meals on Wheels	06
07	08 10a - Tai Chi 2.0 10a - Chair Yoga 11a - Tai Chi 11:30a - Lunch & Learn: Global Medevac 1p - Bridge Lessons 2p - Movie Mondays	09 9a - Chair Pilates Plus 9a - Walk & Talk 10a - Fit Strong 10a - Rummikub 10a - Sit & Stitch 1p - Duplicate Bridge 1:30p - Yoga Flow	10 8a - Winstar 9a - Party Bridge 10a - Tai Chi 2.0 11a - Tai Chi 1p - Art Express 2p - Mah Jongg	11 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	12 8:30a - Personal Safety & Defense Workshop 11a - Personal Safety & Defense Workshop 1:30p - Personal Safety & Defense Workshop	13
14	15 10a - Tai Chi 2.0 10a - Chair Yoga 11a - Tai Chi 1p - Birthday Celebration 1p - Bridge Lessons 2p - Movie Mondays	16 9a - Chair Pilates Plus 10a - Fit Strong 10a - Rummikub 10a - Sit & Stitch 1p - Duplicate Bridge 1:30p - Yoga Flow	17 9a - Party Bridge 10a - Tai Chi 2.0 11a - Tai Chi 2p - Mah Jongg	18 9a - Chair Pilates Plus 9:30a - Qigong 10a - Fit Strong 10a - Texas Hold 'Em 10a - Rummikub Noon - Texas Rangers Game 1p - 42 1:30p - Yoga Flow 2p - Mah Jongg for Beginners	19 Noon - Metroport Meals on Wheels	20
21	22 10a - Tai Chi 2.0 10a - Chair Yoga 11a - Tai Chi 11:30a - Lunch & Learn: Tailored Transactions Estate Planning 1p - Bridge Lessons 2p - Movie Mondays	23 9a - Chair Pilates Plus 10a - Fit Strong 10a - Rummikub 10a - Sit & Stitch 1p - Duplicate Bridge 1:30p - Yoga Flow	24 8a - Winstar 9a - Party Bridge 10a - Tai Chi 2.0 11a - Tai Chi 2p - Mah Jongg	25 7:30a - Patriotic Puzzle Challenge Week Begins 9a - Chair Pilates Plus 9:30a - Qigong 10a - Fit Strong 10a - Texas Hold 'Em 10a - Rummikub 1p - 42 1:30p - Yoga Flow 2p - Mah Jongg for Beginners	26 Noon - Texas Hold 'Em Tournament	27
28	29 10a - Chair Yoga 1p - Bridge Lessons 2p - Movie Mondays	30 9a - Chair Pilates Plus 10a - Fit Strong 10a - Rummikub 10a - Sit & Stitch 1p - Duplicate Bridge	01	02	03	04
05	06	NOTES - Green activities require a registration fee.				