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<th>Monday</th>
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<td>3) Cigna Lunch and Learn: Practical Nutrition, 10 a.m.</td>
<td>4) 7 Springs Orthopedics: Healthy Back and Hips, 10-11 a.m.</td>
<td>5)</td>
<td>6) Bunco: Noon-3 p.m.</td>
<td>7) Alexandra’s Snacks and Suggestions: Noon</td>
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<td>Breakfast Club: *Cracker Barrel Old Country Store, 8:30 a.m. Meet There</td>
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<td>Foodie Night: *PDK Southern Kitchen and Pantry, Meet There.</td>
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<td>Vanderbilt Students: Nutrition. 9-10 a.m.</td>
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<td>10)</td>
<td>11) Library Tech Day: 10 a.m.-Noon.</td>
<td>12) All of Us: 10 a.m.-Noon. SLN: Franklin D. Roosevelt Library and Museum. 10:30 -11:30 a.m. Little Italy Valentine’s Day Dinner and Dance: 6-9 p.m.</td>
<td>13) Women’s Health and Wellness with Dr. Hood: Topic: Incontinence. Noon-1 p.m.</td>
<td>14) Vanderbilt Students: Normal vs Abnormal Aging, 9-10 a.m.</td>
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<td>17) Presidents Day</td>
<td>18) SLN: Baseball &amp; Black History: Live from the Negro Leagues Baseball Museum. Noon Predators Game: Bus leaves at 5:45 p.m.</td>
<td>19) Kim Lane Art Class: Winter Watercolor. 2-4 p.m. Christ Presbyterian Academy: 1940’s Interviews. 10 a.m.-Noon</td>
<td>20) Meditation Class led by Candy Paull : 10-11 a.m.</td>
<td>21) Edward Jones Lunch and Learn: Prepare: Don’t Panic. Noon-2 p.m.</td>
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<td>Supper Club: 312 Pizza Company, 5 p.m. Meet There</td>
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<td>Vanderbilt Students: Safe Exercise, Balance, and Fall Prevention. 9-10 a.m.</td>
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<td>24) Crafting with Amy: 10:30 a.m.-Noon</td>
<td>25) Trip: All of Us Journey at Donelson Station: Van leaves at 11:15 a.m.</td>
<td>26) <em>Nashville Craft Distillery Tour</em>: Van leaves at 10:15 a.m.</td>
<td>27) <em>Chaffin’s Barn</em>: Breaking Up is Hard to Do. Noon</td>
<td>28) Christ Presbyterian Academy: 1940’s Day Festival Trip. Van leaves at 9 a.m.</td>
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*SLN is an abbreviation for: Senior Learning Network*
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| 11:30 a.m.: Transportation Group  
11:30 a.m.-1:30 p.m.: Weight Watchers  
11:45 a.m.-3 p.m.: Bridge  
2-3 p.m.: Glory Bible Study | 9 a.m.-Noon: Mah-Jongg  
9:30 a.m.-3 p.m.: Canasta  
10 a.m.: Qi Gong  
11:30 a.m.: Tai Chi  
12 p.m.: Brain Brawlers  
1 p.m.: Creating Memoirs (4th Tuesday)  
12:30-3 p.m.: Rummikub | 11:30 a.m.: Transportation Group  
11:45 a.m.-3 p.m.: Bridge  
1 p.m.: Ping Pong  
1 p.m.: Line Dancing | 10:30-11:30 a.m.: Current Events Discussion  
11 a.m.: Tai Chi  
11:30 a.m.: Writer’s Club  
1 p.m.: Book Club (4th Thursday)  
5:45 p.m.: Evening Bridge | 9 a.m.: History and Genealogy Group  
9-11:30 a.m.: Sit, Knit & Crochet  
9:30-11:30 a.m. Blood Pressure Checks (Unavailable Feb. 28)  
10:30 a.m.: Line Dancing |

**Bellevue YMCA’s AOA Exercise Class Schedule**

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<tr>
<th>Monday, Dec 30</th>
<th>Tuesday, Dec 31</th>
<th>Wednesday, Jan 1</th>
<th>Thursday, Jan 2</th>
<th>Friday, Jan 3</th>
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| S1-7:30 a.m.-Cardio Sculpt Gold  
P-8 a.m.-H20 Cardio  
CR-8:30 a.m.-AOA Yoga  
S2-8:30 a.m.-Stretch  
P-9 a.m.-H20 Circuit  
CR-9:30 a.m.-AOA Circuit  
CR-10:30 a.m.-AOA Classic  
Gym-10:30 a.m.-Pickleball  
CR-11:30 a.m.-AOA Cardio  
CR-6 P.M.-Stretch and Meditation  
P-6:45 p.m.-H20 Circuit | S1-7:30 a.m.-Dance Blast  
CR-8:30 a.m.-AOA Yoga  
P-8 a.m.-H20 Circuit Fusion  
P-9 a.m.-H20 Yoga  
S2-9:30 a.m.-Stretch  
CR-9:30 a.m.-AOA Circuit  
CR-10:30 a.m.-AOA Classic  
CR-11:30 a.m.-AOA Cardio  
S2-11:35 a.m.-Tai Chi  
CR-12:30 p.m.-AOA Yoga  
CR-6:30 p.m.-Ballroom Dance | S1-7:30 a.m.-Line Dancing  
P-8 a.m.-Aqua Dance Blast  
CR-8:30 a.m.-AOA Classic  
P-9 a.m.-H20 Cardio  
CR-9:30 a.m.-AOA Cardio  
Gym-10:30 a.m.-Pickleball  
CR-10:30 a.m.-AOA Circuit  
CR-11:30 a.m.-AOA Cardio  
P-6:45 p.m.-H20 Circuit | S1-7:30 a.m.-Dance Blast  
P-8 a.m.-H20 Cardio  
CR-8:30 a.m.-AOA Yoga  
P-9 a.m.-H20 Yoga  
CR-9:30 a.m.-AOA Circuit  
CR-10:30 a.m.-AOA Classic  
S2-11:35 a.m. Tai Chi  
Gym-11 a.m.-Pickleball  
CR-11:30 a.m.-AOA Cardio  
CR-12:30 p.m.-AOA Yoga | S1-7:30 a.m.-Line Dance  
P-8 a.m.-H20 Circuit  
CR-8:30 a.m.-AOA Yoga  
P-9 a.m.-H20 Cardio Gold  
CR-9:30 a.m.-AOA Circuit  
CR-10:30 a.m.-AOA Classic  
Gym-10:30 a.m.-Pickleball  
CR-11:30 a.m.-Qi Gong |