



# Panama City Beach Senior Center

## January 2012


BUILDING "B" OATFIELD BUILDING  
(850) 233-5065

Hours: 9 am – 3 pm M-F  
Website: pcbsc.com

BUILDING "C" CYPRESS HOUSE  
(850) 236-3038



**MEMBERSHIP IS REQUIRED FOR WEEKLY PARTICIPATION IN THESE PROGRAMS**

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>1</b> B- 1:30pm "65+5" Cards	<b>2</b> <b>CLOSED for            NEW YEARS DAY!!</b> 	<b>3</b> B- 9 am Knife & Chisel Woodcarving B- 9 am Advanced Strength & Exercise B- 9am Pilates B- 10 am Yoga O- 11am Bocce B- 12:30 pm Pinochle DD B- 1 pm Open Art Studio  B- 6:30 pm Dominoes	<b>4</b> B- 9am Rotary Woodcarving B- 9am "The Coffee Shoppe" B- 9:30am Beginners + Social Bridge B-12:30pm Stained Glass B- 1pm Canasta Hand & Foot-Cards  B- 6:30pm Bid Euchre B- 6:30pm Men's Night Out – Pool	<b>5</b> B- 9am Knife & Chisel Woodcarving B- 9am Advanced Strength & Exercise B- 10am Yoga B- 11am Intro to Meditation B- 11am Line Dancing O- 11am Bocce B- 12:30pm Cribbage  B- 6:30pm <b>BUNKO</b>	<b>6</b> C- 9am Spanish Conversation B- 9am Chair Exercise B-9am Strength & Exercise B- 10am Yoga B- 11am Intro to Marble Carving B-12:30pm Pinochle Single Deck B-1:30pm Zumba	<b>7</b>
<b>8</b> B- 1:30pm "65+5" Cards	<b>9</b> C- 9am Spanish Conversation B- 9am Rotary Woodcarving B- 9am Strength & Exercise B- 9am Chair Exercise B- 10am Intro to Meditation B- 10am Yoga <b>B- 11:30am Health Lunch</b> B- 1pm Painting Partners  B- 6:30pm Monday Darts B- 6:30pm Music	<b>10</b> <b>C- 9am AARP Driver Safety Program            MUST PRE REGISTER</b> B- 9am Knife & Chisel Woodcarving B- 9am Advanced Strength & Exercise B- 9am Pilates B- 10am Yoga O- 11am Bocce B- 12:30pm Pinochle DD B- 1pm Open Art Studio B- 1pm Art Workshop Margrete Vause  B- 6:30pm Dominoes	<b>11</b> <b>C- 9am AARP Driver Safety Program            MUST PRE REGISTER</b> B- 9am Rotary Woodcarving B- 9am "The Coffee Shoppe" B- 9:30am Beginners + Social Bridge <b>B- 10am COUPON CLASS</b> B-12:30pm Stained Glass B- 1pm Canasta Hand & Foot-Cards  B- 6:30pm Bid Euchre B- 6:30pm Men's Night Out – Pool	<b>12</b> B- 9am Knife & Chisel Woodcarving B- 9am Advanced Strength & Exercise B- 10am Yoga B- 11am Intro to Meditation B- 11am Line Dancing O- 11am Bocce B- 12:30pm Cribbage	<b>13</b> C- 9am Spanish Conversation B- 9am Chair Exercise B- 9am Strength & Exercise B- 10am Yoga B- 11am Intro to Marble Carving <b>B- 11am CHILI COOK OFF</b> B-12:30pm Pinochle Single Deck B-1:30pm Zumba	<b>14</b> B- 10am – Threads That Bind Sewing Group
<b>15</b> B- 1:30pm "65+5" Cards	<b>16</b> C- 9am Spanish Conversation B- 9am Rotary Woodcarving B- 9am Strength & Exercise B- 9am Chair Exercise B- 10am Intro to Meditation B- 10am Yoga B- Noon Painting Partners  B- 6:30pm Monday Darts B- 6:30pm Music	<b>17</b> B- 9 am Knife & Chisel Woodcarving B- 9 am Advanced Strength & Exercise B- 9am Pilates B- 10 am Yoga O- 11am Bocce B- 12:30 pm Pinochle DD B- 1 pm Open Art Studio B- 1:30pm Art Workshop Heather Parker  B- 6:30 pm Dominoes	<b>18</b> B- 9am Rotary Woodcarving B- 9am "The Coffee Shoppe" B- 9:30am Beginners + Social Bridge <b>C- 9:30am Foundation Board Meeting</b> <b>B-12pm Potluck</b> B-12:30pm Stained Glass B- 1pm Canasta Hand & Foot-Cards  B- 6:30pm Bid Euchre B- 6:30pm Men's Night Out – Pool	<b>19</b> B-9am Knife & Chisel Woodcarving B- 9am Advanced Strength & Exercise B- 10am Yoga B- 11am Intro to Meditation B- 11am Line Dancing O- 11am Bocce B- 12:30pm Cribbage	<b>20</b> C- 9am Spanish Conversation B- 9am Chair Exercise B- 9am Strength & Exercise B- 10am Yoga B- 11am Intro to Marble Carving B-12:30pm Pinochle Single Deck B- 1:30pm Zumba	<b>21</b>
<b>22</b> B- 1:30pm "65+5" Cards	<b>23</b> C- 9am Spanish Conversation B- 9am Rotary Woodcarving B- 9am Strength & Exercise B- 9am Chair Exercise B- 10am Intro to Meditation B- 10am Yoga B- Noon Painting Partners  B- 6:30pm Monday Darts B- 6:30pm Music	<b>24</b> B- 9 am Knife & Chisel Woodcarving B- 9 am Advanced Strength & Exercise B- 9am Pilates B- 10 am Yoga O- 11am Bocce B- 12:30 pm Pinochle DD B- 1 pm Open Art Studio B- 1pm Art Workshop Tim Thomas  B- 6:30 pm Dominoes	<b>25</b> B- 9am Rotary Woodcarving B- 9am "The Coffee Shoppe" B- 9:30am Beginners + Social Bridge B-12:30pm Stained Glass B- 1pm Canasta Hand & Foot-Cards  B- 6:30pm Bid Euchre B- 6:30pm Men's Night Out – Pool	<b>26</b> B-9am Knife & Chisel Woodcarving B- 9am Advanced Strength & Exercise B- 10am Yoga B- 11 am Intro to Meditation B- 11am Line Dancing O- 11am Bocce B- 12:30pm Cribbage	<b>27</b> C- 9am Spanish Conversation B- 9am Chair Exercise B- 9am Strength & Exercise B- 10am Yoga B- 11am Intro to Marble Carving B-12:30pm Pinochle Single Deck B-1:30pm Zumba	<b>28</b>
<b>29</b> B- 1:30pm "65+5" Cards	<b>30</b> C- 9am Spanish Conversation B- 9am Rotary Woodcarving B- 9am Strength & Exercise B- 9am Chair Exercise B- 10am Intro to Meditation B- 10am Yoga B- Noon Painting Partners  B- 6:30pm Monday Darts B- 6:30pm Music					