



Bond Community Center Senior Events Calendar



January, 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 NEW YEARS EVE BCC CLOSED	2 8:00 - 8:45am Aqua Splash 9:00 - 9:45am SilverSneakers SilverSplash 10:00am SOCIAL (Poker Walk)	3 8:15 - 9:00am SilverSneakers Muscle Strength and Range of Motion	4 8:00 - 8:45am Aqua Splash 9:00 - 9:45am SilverSneakers SilverSplash	5
6	7 8:00 - 8:45am Aqua Splash 9:00 - 9:45am SilverSneakers SilverSplash	8 8:15 - 9:00am SilverSneakers Muscle Strength and Range of Motion	9 8:00 - 8:45am Aqua Splash 9:00 - 9:45am SilverSneakers SilverSplash	10 8:15 - 9:00am SilverSneakers Muscle Strength and Range of Motion	11 8:00 - 8:45am Aqua Splash 9:00 - 9:45am SilverSneakers SilverSplash	12
13	14 8:00 - 8:45am Aqua Splash 9:00 - 9:45am SilverSneakers SilverSplash	15 8:15 - 9:00am SilverSneakers Muscle Strength and Range of Motion	16 8:00 - 8:45am Aqua Splash 9:00 - 9:45am SilverSneakers SilverSplash	17 8:15 - 9:00am SilverSneakers Muscle Strength and Range of Motion	18 8:00 - 8:45am Aqua Splash 9:00 - 9:45am SilverSneakers SilverSplash	19
20	21 8:00 - 8:45am Aqua Splash 9:00 - 9:45am SilverSneakers SilverSplash	22 8:15 - 9:00am SilverSneakers Muscle Strength and Range of Motion	23 8:00 - 8:45am Aqua Splash 9:00 - 9:45am SilverSneakers SilverSplash	24 8:15 - 9:00am SilverSneakers Muscle Strength and Range of Motion	25 8:00 - 8:45am Aqua Splash 9:00 - 9:45am SilverSneakers SilverSplash	26
27	28 8:00 - 8:45am Aqua Splash 9:00 - 9:45am SilverSneakers SilverSplash	29 8:15 - 9:00am SilverSneakers Muscle Strength and Range of Motion	30 8:00 - 8:45am Aqua Splash 9:00 - 9:45am SilverSneakers SilverSplash	31 8:15 - 9:00am SilverSneakers Muscle Strength and Range of Motion	BCC HOURS Mon - Wed..... 5:30am - 8:00pm Thursday..... 5:30am - 9:00pm Friday..... 5:30am - 8:00pm Saturday..... 8:00am - 5:00pm Sunday..... Noon - 5:00pm	

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