


Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>Please see page 3 for Evening and Weekend classes or visit our website at: www.deforestcenter.org</i></p> <p>**Bikers Club is held daily in the Exercise Room at 1:30 PM.**</p>	<p>Key: Fireplace Room-FPR Meeting Room-MTG Community Room-COM Sun Room-SR Exercise Room-EX Health Care Room-HCR Board Room-BD Norski Game Room-NGR Activity Room-ACT</p>	<p>1</p> <p>9:00 AM-8 Ball Pool - NGR 9:15 AM-Gentle Yoga - COM 9:30 AM-Zumba Gold DVD- EX 9:30 AM-Van to Target, Hobby Lobby, Michaels's - Madison 10:30 AM-Chair Yoga DVD- COM 11:30 AM-Qi Gong Exercise DVD - COM 12:30 PM-Movie "Country Remedy" FPR 12:30 PM-Sheepshead - SR 12:30 PM-Walking DVD - COM</p>	<p>2</p> <p>9:30 AM-Van to Food Dist, Local Clinics and In-town Shopping 10:00 AM-Zumba Gold - DVD - COM 10:15 AM-Food Distribution - FPR 10:45 AM-Wii Bowling League - EX 11:30 AM-Oscar Party Lunch - FPR 12:00 PM-Creative Coloring Club - ACT 12:30 PM-Sheepshead - SR 1:00 PM-Chess Club - FPR</p>
<p>5</p> <p>9:00 AM-8 Ball Pool - NGR 9:00 AM-DeWittler's Woodcarving - ACT 9:10 AM-Chair Exercise DVD - COM 9:20 AM-Van to Aquatic Exercise 10:30 AM-Chair Yoga DVD- COM 11:00 AM-Chair Pilates DVD - COM 11:30 AM-Strength Training for Women - COM 12:30 PM-Walking DVD - COM 1:00 PM-Euchre - FPR</p>	<p>6</p> <p>9:00 AM-8 Ball Pool - NGR 9:30 AM-Van to Local Clinics & In-town Shopping 9:30 AM-Massage - HCR 9:30 AM-Blood Pressure Check - SR 10:00 AM-Zumba Gold DVD - COM 10:00 AM-Scrabble - SR 10:00 AM-Van to Walmart - Sun Prairie 10:45 AM-Wii Bowling League - EX 11:30 AM-Birthday Lunch Special - FPR 12:15 PM-Bingo - COM 12:30 PM-Sheepshead - SR</p>	<p>7</p> <p>9:10 AM-Chair Exercise DVD - COM 9:10 AM-Asian Mahjong Game - FPR 9:15 AM-Tax Preparation - ACT 9:15 AM-Nail Clinic - HCR 9:30 AM-Scratch Art - FPR 9:30 AM-Van to DFR & Local Clinics 10:00 AM-Zumba Gold DVD - EX 10:30 AM-Red Hatters - BD 11:00 AM-Chair Pilates DVD - COM 11:30 AM-Strength Training for Women - COM 1:00 PM-Hand & Foot - SR 1:00 PM-Cribbage - FPR</p>	<p>8</p> <p>9:00 AM-8 Ball Pool - NGR 9:15 AM-Gentle Yoga - COM 9:30 AM-Van to Goodwill - Sherman Ave—Madison 9:30 AM-Zumba Gold DVD- EX 10:30 AM-Chair Yoga DVD- COM 11:30 AM-Qi Gong Exercise DVD - COM 12:30 PM-Sheepshead - SR 12:30 PM-Walking DVD - COM 12:30 PM-Downton Abbey TV Series, Season 1, Ep. 5 & 6 - FPR</p>	<p>9</p> <p>9:15 AM-Nail Clinic - HCR 9:30 AM-Van to Food Dist, Local Clinics and In-town Shopping 10:00 AM-Zumba Gold - DVD - EX 10:00 AM-Diamond Dragons Book Chat - COM 10:15 AM-Food Distribution - FPR 10:45 AM-Wii Bowling League - EX 12:30 PM-Sheepshead - SR 1:00 PM-Special Bus Trip to Theatre's at Market Square 1:00 PM-Chess Club - FPR</p>
<p>12</p> <p>9:00 AM-8 Ball Pool - NGR 9:00 AM-DeWittler's Woodcarving - ACT 9:10 AM-Chair Exercise DVD - COM 9:20 AM-Van to Aquatic Exercise 10:30 AM-Chair Yoga DVD- COM 11:00 AM-Chair Pilates DVD - COM 11:30 AM-Strength Training for Women - COM 12:00 PM-Jewelry Making - ACT 12:30 PM-Walking DVD - COM 1:00 PM-Euchre - FPR</p>	<p>13</p> <p>9:00 AM-8 Ball Pool - NGR 9:30 AM-Van to Local Clinics & In-town Shopping 10:00 AM-Van to JoAnn Fabrics, Burlington, Party City - Madison 10:00 AM-Scrabble - SR 10:00 AM-Zumba Gold DVD - EX 10:30 AM-Half Hour Health Talk - Heart Disease - COM 10:45 AM-Wii Bowling League - EX 12:30 PM-Sheepshead - SR 1:00 PM-Bridge - FPR 4:00 PM-Commission Mtg - BD</p>	<p>14</p> <p>9:10 AM-Chair Exercise DVD - COM 9:10 AM-Asian Mahjong Game - FPR 9:15 AM-Tax Preparation - ACT 9:15 AM-Nail Clinic - HCR 9:30 AM-Van to DFR & Local Clinics 9:30 AM-Scratch Art - FPR 10:00 AM-Zumba Gold DVD - EX 10:00 AM-Computer Assistance - SR 11:00 AM-Chair Pilates DVD - COM 11:30 AM-Strength Training for Women - COM 12:00 PM-Pi Day - FPR 12:30 PM-Knit Wits - FPR 1:00 PM-Cribbage - FPR 1:00 PM-Hand & Foot - SR 1:00 PM-Card Recycle - ACT</p>	<p>15</p> <p>9:00 AM-8 Ball Pool - NGR 9:15 AM-Gentle Yoga - COM 9:30 AM-Zumba Gold DVD- EX 9:30 AM-Van to Walmart - Sun Prairie 9:30 AM-Diabetic Nail Clinic - HCR 10:00 AM-Computer Assistance - SR 10:30 AM-Chair Yoga DVD- COM 11:30 AM-Qi Gong Exercise DVD - COM 12:30 PM-Downton Abbey TV Series-Series 1, Ep 7, Season 2 Ep 1 - FPR 12:30 PM-Sheepshead - SR 12:30 PM-Walking DVD - COM 3:00 PM-Caregiver Support Group - BD</p>	<p>16</p> <p>9:30 AM-Van to Food Dist, Local Clinics and In-town Shopping 10:00 AM-Zumba Gold - DVD - COM 10:15 AM-Food Distribution - FPR 10:45 AM-Wii Bowling League - EX 11:00 AM-"Snappy Irish Jigs" & Tunes by John Englesby - FPR 11:30 AM-St Pats Lunch - FPR 12:00 PM-Creative Coloring Club - ACT 12:30 PM-Sheepshead - SR 1:00 PM-Chess Club - FPR</p>
<p>19</p> <p>9:00 AM-8 Ball Pool - NGR 9:00 AM-DeWittler's Woodcarving - ACT 9:10 AM-Chair Exercise DVD - COM 9:20 AM-Van to Aquatic Exercise 10:00 AM-RSVP Helping Hands - FPR 10:00 AM-Grief Support Grp - BD 10:30 AM-Chair Yoga DVD- COM 11:00 AM-Chair Pilates DVD - COM 12:00 PM-Jewelry Making - ACT 12:30 PM-Walking DVD - COM 1:00 PM-Euchre - FPR</p>	<p>20</p> <p>9:00 AM-8 Ball Pool - NGR 9:30 AM-Van to Local Clinics & In-town Shopping 9:30 AM-Massage - HCR 9:30 AM-Blood Pressure Check - SR 10:00 AM-Zumba Gold DVD - COM 10:00 AM-Scrabble - SR 10:00 AM-Van to Goodwill - Sherman Ave - Madison 10:45 AM-Wii Bowling League - EX 12:15 PM-Identity Theft by Old National Bank - COM 12:30 PM-Sheepshead - SR 3:30 PM-LINK-ages - BD</p>	<p>21</p> <p>9:10 AM-Chair Exercise DVD - COM 9:10 AM-Asian Mahjong Game - FPR 9:15 AM-Tax Preparation - ACT 9:15 AM-Nail Clinic - HCR 9:30 AM-Scratch Art - FPR 9:30 AM-Van to DFR & Local Clinics 10:00 AM-Zumba Gold DVD - EX 11:00 AM-Chair Pilates DVD - COM 12:15 PM-Geography Jingo Bingo - SR 1:00 PM-Hand & Foot - SR 1:00 PM-Cribbage - FPR</p>	<p>22</p> <p>9:00 AM-8 Ball Pool - NGR 9:15 AM-Gentle Yoga - COM 9:30 AM-Van to Meant to Bead - Sun Prairie 9:30 AM-Zumba Gold DVD- EX 10:30 AM-Chair Yoga DVD- COM 11:30 AM-Qi Gong Exercise DVD - COM 12:30 PM-Movie "Miss You Already" - FPR 12:30 PM-Sheepshead - SR 12:30 PM-Walking DVD - COM</p>	<p>23</p> <p>9:00 AM-Scoop Folding - ACT 9:30 AM-Van to Food Dist, Local Clinics and In-town Shopping 10:00 AM-Zumba Gold - DVD - COM 10:15 AM-Food Distribution - FPR 10:45 AM-Wii Bowling League - EX 12:30 PM-Sheepshead - SR 1:00 PM-Chess Club - FPR 1:00 PM-Memory Cafe - COM</p>
<p>26</p> <p>9:00 AM-8 Ball Pool - NGR 9:00 AM-DeWittler's Woodcarving - ACT 9:10 AM-Chair Exercise DVD - COM 9:20 AM-Van to Aquatic Exercise 10:30 AM-Chair Yoga DVD- COM 11:00 AM-Chair Pilates DVD - COM 12:00 PM-Jewelry Making - ACT 12:30 PM-Walking DVD - COM 1:00 PM-Euchre - FPR</p>	<p>27</p> <p>9:00 AM-8 Ball Pool - NGR 9:30 AM-Van to Local Clinics & In-town Shopping 10:00 AM-Van to HyVee Foods - Madison 10:00 AM-Scrabble - SR 10:00 AM-Zumba Gold DVD - EX 10:00 AM-4th Tuesday Library Program - "Hedda Hopper" A Musical Conversation - COM 12:30 PM-Sheepshead - SR 1:00 PM-Bridge - FPR</p>	<p>28</p> <p>9:10 AM-Chair Exercise DVD - COM 9:10 AM-Asian Mahjong Game - FPR 9:15 AM-Tax Preparation - ACT 9:30 AM-Van to DFR & Local Clinics 9:30 AM-Scratch Art - FPR 10:00 AM-Zumba Gold DVD - EX 11:00 AM-Chair Pilates DVD - COM 12:30 PM-Knit Wits - FPR 1:00 PM-Cribbage - FPR 1:00 PM-Hand & Foot - SR 1:00 PM-Card Recycle - ACT</p>	<p>29</p> <p>9:00 AM-8 Ball Pool - NGR 9:15 AM-Van to Bingo 9:15 AM-Gentle Yoga - COM 9:30 AM-Zumba Gold DVD- EX 10:30 AM-Chair Yoga DVD- COM 11:30 AM-Qi Gong Exercise DVD - COM 11:30 AM-Prize Lunch - FPR 12:15 PM-Bingo - COM 12:30 PM-Sheepshead - SR 12:30 PM-Walking DVD - COM</p>	<p>30</p> <p>9:30 AM-Van to Food Dist, Local Clinics and In-town Shopping 10:00 AM-Zumba Gold - DVD - COM 10:15 AM-Food Distribution - FPR 12:30 PM-Sheepshead - SR 1:00 PM-Chess Club - FPR</p>