

January Events & Activities

Holiday Date no programs: 1/1.

Zumba Gold

Tuesday | Through January 28 | 6:15 – 7 p.m.
Location | Community Recreation Center
Instructor: Huet

Silver Sneakers Classic – Posture Renewal

Monday | Through January 27 | 11 – 11:45 a.m.
Location | Community Recreation Center
Instructor: Rotha

Mindful Yoga

Tuesdays and Thursdays through January 30 | 10 – 10:45 a.m.
Location | Community Recreation Center
Instructor: Rotha

Balanced Bodies

Tuesdays and Thursdays through January 30 | 9 – 9:45 a.m.
Location | Community Recreation Center
Instructor: Rotha

Tai Chi

Mondays and Wednesdays through January 29 | 10 – 10:45 a.m.
Location | Community Recreation Center
Instructor: Leon

Power Walking

Fridays through January 31 | 9 – 9:45 a.m.
Wednesdays through January 29 | 1 – 1:45 p.m.
Location | Community Recreation Center
Instructor: Laura

The Mixer

Monday | January 13 & 20 | 7 - 9 p.m.
Location | Venue 1842

Activities at the Farmers Branch Community Recreation Center:

1/6 Breakfast
1/6 & 20 Shared Moments
1/8 Cookin' Club
1/8 & 22 Photo Club
1/13 Book Club
1/13, 20, & 27 Fly Tying
1/16 Texas Hold Em
1/28 Tuesday Trivia

Activities at the Manske Library:

1/9, 13, 16, 20 & 23 Monday & Thursday Computer Basics Part II

Activities at Aquatics Center:

1/14 Advanced Greeting Cards

Trips:

Month	Trip
January	Museum – Amon Carter Ft. Worth
February	Local Cuisine Lunch Connection – CJ's Bulgogi & Grill
March	Choctaw Casino
April	Local Cuisine Lunch Connection
May	Arboretum
June	Local Cuisine Lunch Connection
July	Baseball Game
Aug	Local Cuisine Lunch Connection
September	Choctaw Casino
October	State Fair of Texas

Re-occurring Weekday Activities:**Community Recreation Center -**

- **Monday** – Fun & Team Chair Volleyball, Open Recreation, Open Mah-Jongg, Thinkabilities and Duplicate Bridge.
- **Tuesday** – Line Dancing (Lo & Hi Beginner), Dulcimers, and Open Recreation
- **Wednesday** – Line Dancing (Improver), Open Recreation, and Open Mah Jongg.
- **Thursday** – Fun & Team Chair Volleyball, Open Recreation and Instructional Quilting Group.
- **Friday** – Quilting Group, Party Bridge, and Fun Chair Volleyball.

Aquatics Center -

- **Monday** – Open Art Group
- **Friday** – Neglected History

Manske Library –

- **Monday** – Evening Crafts