

**Ongoing Activities @ Broadmoor Senior Center  
January 2022**

**Monday**

Indoor Walking Group "Walk a Mile" – VideoAerobics

8:00 to 9:00 AM

Pokeno (Bingo) Game                      1:00 - 4:00 PM

**Tuesday**

Escrima- Filipino Martial Arts 9:00—10:00 AM

Breast Cancer Support Group 12:00 - 1:30 PM

Swing Dance                      1:00- 2:00 PM (\$10.00 Fee)

Crafty Corner                      1:00 -4:00 PM (\$5.00 Material Fee)

**Wednesday**

Indoor Walking Group "Walk a Mile"- Video

Aerobics                      8:00 -9:00 AM

Tai Chi                      9:00-10:00 AM (\$3.00 per Class)

Bid Whist                      9:00 -2:00 PM

Beading Class                      1:00 -3:00 PM    Limit 4 ( Materials Fee to Instructor)

**Thursday**

Book Club                      10:00 -12:00 PM

Open Discussion    10:00 AM-12:00 PM

Canasta                      1:00 -4:00 PM

Mexican Train Dominoes 1:00 -4:00 PM

**Friday**

Indoor Walking Group "Walk a Mile" – Video

Aerobics                      8 :00 -9:00 AM

Pinochle                      9:00 -12:00 PM

Hand and Foot Canasta    1:00 -4:00 PM

Needle Point (Knitting and Crochet)    1:00– 4:00 PM