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JANUARY 2023 Palm Hill Activities and Wellness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
<p>2:15pm: Ladies Golf Lessons 5pm-6pm: Sunday Worship (N) 6:30pm: Hoss Collar (N)</p> <p>New Year's Day</p>	<p>8:30am: Chair Yoga (S) 9am-4pm: Holiday Office Schedule 11am: Social Shuffle 6:30pm: Euchre (N)</p>	<p>9am-10am: Exercise Program (N) 10am: Water Aerobics (N and S)</p>	<p>8am-9am: Intermediate Yoga (N) 9:15am-10:15am: Tai Chi Class (N) 10:30am-11:30am: Cardio Mix (N) 1pm-2pm: Mahjong on Wednesdays (N) 3pm-4:30pm: Ukulele Club (S)</p>	<p>9am: Palm Hill Players (N) 10am: Art Club (S) 3:45pm: North Food Distribution (N)</p>	<p>9am-10am: Exercise Program (N) 10am: Palm Hill Players (N) 10am: Water Aerobics (N and S)</p> <p>Epiphany</p>																																											
<p>2:15pm: Ladies Golf Lessons 5pm-6pm: Sunday Worship (N) 6:30pm: Hoss Collar (N)</p>	<p>8:30am: Chair Yoga (S) 11am: Social Shuffle 6:30pm: Euchre (N)</p>	<p>9am-10am: Exercise Program (N) 10am-11am: Pilates in the Park (S) 10am: Water Aerobics (N and S) 11:15am-12:30pm: Flow Yoga (S)</p>	<p>8am-9am: Intermediate Yoga (N) 9:15am-10:15am: Tai Chi Class (N) 10am: Line Dancing Western (S) 10:30am-11:30am: Cardio Mix (N) 1pm-2pm: Mahjong on Wednesdays (N) 6pm: Chili Cookoff (S)</p>	<p>Book Club 9am: Palm Hill Players (N) 10am: Art Club (S)</p>	<p>9am-10am: Exercise Program (N) 10am: Palm Hill Players (N) 10am: Water Aerobics (N and S) 1pm-3pm: Ladies Golf Association Meeting (N) 5:30pm: Potluck Dinner / Game Night (S) 6:30pm: Karaoke by Remo (N)</p>	<p>8am: Pancake Breakfast (N) 7pm-10pm: Welcome Back Snowbirds Dance (N)</p>																																										
<p>2:15pm: Ladies Golf Lessons 5pm-6pm: Sunday Worship (N) 6:30pm: Hoss Collar (N)</p>	<p>8:30am: Chair Yoga (S) 11am: Social Shuffle 3pm: Food Distribution (S) 6:30pm: Euchre (N)</p> <p>Martin Luther King Jr's Birthday</p>	<p>9am-10am: Exercise Program (N) 10am-11am: Pilates in the Park (S) 10am: Water Aerobics (N and S) 11:15am-12:30pm: Flow Yoga (S)</p>	<p>TBD: Annual Meeting 8am-9am: Intermediate Yoga (N) 9:15am-10:15am: Tai Chi Class (N) 10am: Line Dancing (S) 10am: Line Dancing Western (S) 10:30am-11:30am: Cardio Mix (N) 11:30am: Ladies Luncheon 1pm-2pm: Mahjong on Wednesdays (N) 3pm-4:30pm: Ukulele Club (S)</p>	<p>9am: Palm Hill Players (N) 10am: Art Club (S)</p>	<p>9am-10am: Exercise Program (N) 10am: Palm Hill Players (N) 10am: Water Aerobics (N and S) 6:30pm-9pm: "Obi-Time Karaoke" & Dance Party with DJ Chuck Obi</p>																																											
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<p>2:15pm: Ladies Golf Lessons 5pm-6pm: Sunday Worship (N) 6:30pm: Hoss Collar (N)</p>	<p>8:30am: Chair Yoga (S) 11am: Social Shuffle 6:30pm: Euchre (N)</p>	<p>9am-10am: Exercise Program (N) 10am-11am: Pilates in the Park (S) 10am: Water Aerobics (N and S) 11:15am-12:30pm: Flow Yoga (S)</p>				<p>FEBRUARY</p> <table border="1"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td> </tr> <tr> <td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>26</td><td>27</td><td>28</td><td></td><td></td><td></td><td></td> </tr> </table>	S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				
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Also, for the latest information, check:

- The Palm Hill Activities Calendar on the Palm Hill website: palmhillcountryclub.net
- Channel 732
- Watch for announcements of events from the Webmaster via email or the Office.