

January 2025 Daytime Activities (Before 5 PM)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
Key: BR= Billiard Rm CR=Craft Room RH=Regency Hill Clubroom RHF= Regency Hill Fitness IP= Indoor Pool L=Library	GYM= Sloan Exercise Room OP- Open Play S= Sloan Clubroom SF= Sloan Fitness SPD= Sloan Pool Deck RA= Reception Area	<table border="1" style="width: 100%; text-align: center; font-size: small;"> <thead> <tr style="background-color: #800000; color: white;"> <th colspan="7">December</th> </tr> <tr style="background-color: #f0f0f0;"> <th>Su</th><th>M</th><th>Tu</th><th>W</th><th>Th</th><th>F</th><th>Sa</th> </tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	December							Su	M	Tu	W	Th	F	Sa	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	29	30	31					1 New Year's Day 7:30a Aerobics RH 1:00p Table Tennis SF 1:00p Mah Jongg RH	2 9:15a Aerobics SF 10:00a Table Tennis SF 1:00p Hand and Foot RH 1:00p Canasta S 4:00p Water Aerobics IP	3 7:30a Aerobics RH 10:45 Line Dancing S 1:00p Canasta S 2:00p Volleyball IP	4 2:00p Table Tennis SF
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5 2:00p Table Tennis SF	6 7:30a Aerobics RH 10:00a Table Tennis SF 12:00 Zumba SF 1:00p Mah Jogg RH 1:00p Canasta S 4:00p Water Aerobics IP	7 9:15a Aerobics SF 9:15a Gentle Flow Yoga RH 11:00a Gentle Flow Yoga SF 1:00p Mah Jongg S 1:00p Canasta RH 4:00p LeCercle Francais BR 4:00p Water Aerobics IP	8 7:30a Aerobics RH 9:00a ARC S 9:30a Gentle Yoga SF 11-12:00 Chair Yoga SF 1:00p Table Tennis SF 1:00p Stitches S 1:00p Mah Jongg RH 3:00-5:00p Pool Basketball IP	9 9:15a Aerobics SF 10:00a Th morn Bk Club #4 S 10:00a Table Tennis SF 1:00p Hand and Foot RH 1:00p Bowling 1:00p Canasta S 4:00p Water Aerobics IP	10 7:30a Aerobics RH 9:00a Coffee at the 9:15a Slow Flow Yoga SF 10:45 Line Dancing S 1:00p Canasta S 2:00p Volleyball IP	11 2:00p Table Tennis SF 12:00 set up Wine Club #2 12:00-11:00p Private Rental																																																	
12 2:00p Table Tennis SF	13 7:30a Aerobics RH 10:00a Table Tennis SF 10:00a Chair Yoga S 12:00 Zumba SF 1:00p Mah Jogg RH 1:00p Canasta S 4:00p Water Aerobics IP	14 9:15a Aerobics SF 9:15a Gentle Flow Yoga RH 11:00a Gentle Flow Yoga SF 12:15p Ladies Lunch Bunch 1:00p Mah Jongg S 1:00p Canasta RH 4:00p Water Aerobics IP	15 7:30a Aerobics RH 9:30a Gentle Yoga SF 11-12:00 Chair Yoga SF 1:00p Table Tennis SF 1:00p Stitches S 1:00p Mah Jongg RH	16 9:15a Aerobics SF 10:00a Th morn Bk Club #3 10:00a Table Tennis SF 1:00p Hand and Foot RH 1:00p Bowling 1:00p Canasta S 4:00p Water Aerobics IP	17 7:30a Aerobics RH 9:15a Slow Flow Yoga SF 10:45 Line Dancing S 1:00p Canasta S 2:00p Volleyball IP	18 12:00-3:00p Reg Irregulars S 2:00p Table Tennis SF 3:00p Setup Wine Club #3 RH																																																	
19 12:00p Set up Wine Club #1 2:00p Table Tennis SF	20 MLK Jr. Day Inauguration Day 7:30a Aerobics RH 10:00a Table Tennis SF 10:00a Chair Yoga S 12:00 Zumba SF 1:00p Mah Jogg RH 1:00p Canasta S 4:00p Water Aerobics IP	21 9:15a Aerobics SF 9:15a Gentle Flow Yoga RH 11:00a Gentle Flow Yoga SF 1:00p Mah Jongg S 1:00p Canasta RH 4:00p Water Aerobics IP	22 7:30a Aerobics RH 9:00 HOA BR 9:30a Gentle Yoga SF 11-12:00 Chair Yoga SF 1:00p Table Tennis SF 1:00p Stitches S 1:00p Mah Jongg RH 3:00-5:00p Pool Basketball IP	23 9:15a Aerobics SF 10:00a Table Tennis SF 1:00p Hand and Foot RH 1:00p Bowling 1:00p Canasta S 4:00p Water Aerobics IP	24 7:30a Aerobics RH 9:15a Slow Flow Yoga SF 10:45 Line Dancing S 1:00p Canasta S 2:00p Volleyball IP	25 10a - 3p Private Rental S 2:00p Table Tennis SF																																																	
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