



## Neal Center Activities: January, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1. CLOSED 	2. 9:30 Tai Chi with Andrew McNair 11:00 Lunch* 12:30 Pool 2:30 Close	3. 8:00 Enhance Fitness V 11:00 Lunch* 12:30 Cards / Pool	4. 8:00 Tai Chi V 9:30 Bingo ** 10:30 Zumba Gold V 11:00 Lunch* 12:30 Pool	5. 9:00 Chair Exercise V 9:30 Bingo ** 11:00 Lunch* 12:30 Cards / Pool
8. 9:00 Women's Coffee 10:00 Enhance Fitness V 11:00 Lunch* 12:30 Cards / Pool 2:30 Close	9. 9:30 Tai Chi with Andrew McNair 11:00 Lunch* 12:30 Pool 2:30 Close	10. 8:00 Enhance Fitness V 11:00 Lunch* 12:30 Cards / Pool 5:30 Baked Potato Bar & Dirty Bingo ***	11. 8:00 Tai Chi V 9:30 Bingo ** 10:30 Zumba Gold V 11:00 Lunch* 12:30 Pool	12. 9:00 Chair Exercise V 9:30 Bingo ** 11:00 Lunch* 12:30 Cards / Pool
15. 9:00 Women's Coffee 10:00 Enhance Fitness V 11:00 Lunch* 12:30 Cards / Pool	16. 9:30 Tai Chi with Andrew McNair 11:00 Lunch* 12:30 Pool	17. 8:00 Enhance Fitness V 11:00 Lunch* 12:30 Cards / Pool 2:30 Close	18. 8:00 Tai Chi V 9:30 Bingo ** 10:30 Zumba Gold V 11:00 Lunch*	19. 9:00 Chair Exercise V 9:30 Bingo ** 11:00 Lunch* 12:30 Cards / Pool
22. 9:00 Women's Coffee 10:00 Enhance Fitness V 11:00 Lunch* 12:30 Cards / Pool 2:30 Close	23. 9:30 Tai Chi with Andrew McNair 11:00 Lunch* 12:30 Pool 2:30 Close	24. 8:00 Enhance Fitness V 11:00 Lunch* 12:30 Cards / Pool 2:30 Close	25. 8:00 Tai Chi V 9:30 Bingo ** 10:30 Zumba Gold V 11:00 Lunch*	26. 9:00 Chair Exercise V 9:30 Bingo ** 11:00 Lunch* 12:30 Cards / Pool
22. 9:00 Women's Coffee 10:00 Enhance Fitness V 11:00 Lunch* 12:30 Cards / Pool	30. 9:30 Tai Chi with Andrew McNair 11:00 Lunch* 12:30 Pool	31. 8:00 Enhance Fitness V 11:00 Lunch* 12:30 Cards / Pool 2:30 Close	Neal Center 301 N. Main Street Nevada, MO 64772 (417) 667-5847	

\*No activities during lunch

\*\*No other activities in the dining room during bingo

V Denotes virtual class

\*\*\* All ages invited. Cost is \$6 + white elephant gift to give away (less than \$10 please)