


# January 2012

Mon	Tue	Wed	Thu	Fri
<p><b>2</b> <b>The Summit Center will be closed today for the New Year Holiday.</b></p> 	<p><b>3</b> 9 am Yoga for 55+ &amp; Painting 10 am Some Time Away 12 pm Al Anon Meeting 12 pm Driving Class 12:30 pm Summit Spellers 1 pm Cribbage</p>	<p><b>4</b> 9 am Cards 10 am Water Exercise 10:30 am Table Tennis 12 pm Pfeffer 2:30 pm Writing Workshop 3 pm Summit Stompers</p>	<p><b>5</b> 9 am Yoga for 55+ 10:30 am Open A.A. Meeting 11 am Arthritis and Chronic Pain Support Group 1 pm 500/Bridge 3 pm Canasta 3:30 pm Water Exercise</p>	<p><b>6</b> 10 am Water Exercise 10:30 am Open A.A. Meeting 1 pm Cribbage/Chess</p>
<p><i>The Summit Center, a program of VINE Faith in Action, is located at 518 South Fifth Street, in downtown Mankato. All adults age 50+ are welcomed and encouraged to participate, serve as volunteers and help make the Summit Center a wonderful place for our entire community. Since we do not have a dues structure, tax-deductible contributions are needed to support programs and services for older adults. <b>Please mail your contribution to VINE Faith in Action, 1618 Third Avenue, Mankato, MN 56001 and designate it for the Summit Center.</b></i></p>				
<p><b>9</b> 9 am Cards &amp; Move it More 10 am Water Exercise 10:30 am Open A.A. Meeting 11 am Volunteer Orientation 1 pm Summit Singers 1:30 pm PALS</p>	<p><b>10</b> 9 am Yoga for 55+ &amp; Painting 10 am Some Time Away 10:30 am PALS 12 pm Al Anon Meeting 12 pm Tai Chi with Scott 12:30 pm Summit Spellers 1 pm Cribbage 3:30 pm Water Exercise</p>	<p><b>11</b> 9 am Cards &amp; Move it More 10 am Water Exercise 10:30 am Table Tennis 12 pm Pfeffer 1:30 pm PALS 2:30 pm Wine and Cheese 2:30 pm Writing Workshop 3 pm Summit Stompers</p>	<p><b>12</b> 9 am Yoga for 55+ 10 am Memory Loss Support Group 10:30 am PALS 10:30 am Open A.A. Meeting 11 am Low Vision Support Group 1 pm 500/Bridge 1 pm Intro to Snowshoeing 3 pm Canasta</p>	<p><b>13</b> 9 am Move it More 10 am Water Exercise 10:30 am Open A.A. Meeting 11:30 am Lunch and Learn: Two Passports: Stories from Abroad 1 pm Cribbage/Chess 1:30 pm PALS 2:30 pm <i>The Open Road: America Looks at Aging</i> Film</p>

<p><b>16</b> 9 am Cards &amp; Move it More 10 am Water Exercise 10:30 am Open A.A. Meeting 1 pm Summit Singers 1:30 pm PALS 4:30 pm Zumba Gold</p>	<p><b>17</b> 8:30 am Foot Clinic 8:30 am Strength Training 9 am Yoga for 55+ &amp; Painting 10 am Some Time Away 10:30 am PALS 12 pm Al Anon Meeting 12 pm Tai Chi with Scott 12:30 pm Summit Spellers 1 pm Cribbage 3:15 pm Book Chat</p>	<p><b>18</b> 9 am Cards &amp; Move it More 10 am Water Exercise 10:30 am Table Tennis 12 pm Pfeffer 1:30 pm PALS 2:30 pm Writing Workshop 2:30 pm Coffee &amp; Controversy 3 pm Summit Stompers 4:30 pm Zumba Gold 5:30 pm Pilates</p>	<p><b>19</b> 8:30 am Strength Training 9 am Yoga for 55+ 9 am Lefse Making 10:30 am PALS 10:30 am Open A.A. Meeting 1 pm 500/Bridge 1 pm Snowshoeing 3 pm Canasta 3:30 pm Water Exercise</p>	<p><b>20</b> 9 am Move it More 10 am Water Exercise 10:30 am Open A.A. Meeting 1 pm Cribbage/Chess 1:30 pm PALS</p>
<p><b>23</b> 9 am Cards &amp; Move it More 10 am Water Exercise 10:30 am Open A.A. Meeting 1 pm Summit Singers 1:30 pm PALS 4:30 pm Zumba Gold 5:30 pm Pilates</p>	<p><b>24</b> 8:30 am Strength Training 9 am Yoga for 55+ &amp; Painting 10 am Some Time Away 10:30 am PALS 12 pm Al Anon Meeting 12 pm Tai Chi with Scott 12:30 pm Summit Spellers 1 pm Cribbage 3:30 pm Water Exercise 4:30 pm Cardio Fun</p>	<p><b>25</b> 9 am Cards &amp; Move it More 10 am Water Exercise 10:30 am Table Tennis 12 pm Pfeffer 1:30 pm PALS 1:30 pm Caregiver Support 2 pm Insurance Counseling 2:30 pm Writing Workshop 3 pm Summit Stompers 4:30 pm Zumba Gold 5:30 pm Pilates</p>	<p><b>26</b> 8:30 am Strength Training 9 am Yoga for 55+ 10:30 am PALS 10:30 am Open A.A. Meeting 1 pm 500/Bridge 1 pm Snowshoeing 3 pm Canasta 3:30 pm Water Exercise 4:30 pm Cardio Fun</p>	<p><b>27</b> 9 am Move it More 10 am Water Exercise 10:30 am Open A.A. Meeting 1 pm Cribbage/Chess 1:30 pm PALS 2:30 pm <i>There is a Bridge</i> Film</p>
<p><b>30</b> 9 am Cards &amp; Move it More 10 am Water Exercise 10:30 am Open A.A. Meeting 1:30 pm PALS 2:30 pm Fire Safety 4:30 pm Zumba Gold 5:30 pm Pilates</p>	<p><b>31</b> 8:30 am Strength Training 9 am Yoga for 55+ &amp; Painting 10 am Some Time Away 10:30 am PALS 12 pm Al Anon Meeting 12 pm Tai Chi with Scott 12:30 pm Summit Spellers 1 pm Cribbage 2:30 pm Living Options 3:30 pm Water Exercise 4:30 pm Cardio Fun</p>	<p><b>The Foot Clinic is provided by Ecumen Pathstone Living on the third Tuesday of every month. Cost is \$23.</b></p> 	<p><b>To register or for more information, please call VINE at 507-387-1666. Unless otherwise noted, programs are held at the Summit Center and registration is required two days in advance.</b></p>	

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