



January 2011

Newport News



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Yoga Monday & Wednesday @ 5 pm Mid Rise	P90X Monday & Wednesday @ 7 pm Mid Rise	Zumba Tuesday & Thursday @ 7 pm Mid Rise				1
2	3	4	5 9 Ball Tournament Rec. Center 7:00 pm	6	7	8 Cooking 101 Rec. Center 4:00 pm
9	10 Monday Night Football 8:00 pm	11 Free Bowling Pierside Lanes 6:30 pm Pizza, soda, prizes 1 guest allowed	12	13 Breakfast on the Go 5:00 am CA/RAB Mtg. 4pm	14 WII Night Rec. Center 7:00pm	15
16 NFL Football Time TBA	17 Martin Luther King Jr. Ben Franklin's Birthday Day	18 Welcome New Residents Birthday Cards 7:00 pm	19 Bingo Rec. Center 7:30pm	20	21	22 Poker Night Rec. Center 6:00pm
23	24 Monday Night Football 8:00 pm	25	26	27 Breakfast on the Go 5:00 am	28 Free Pizza and Movie Night Rec. Center 8:00 pm	29
30 ICE CREAM SOCIAL Rec. Center 2:00pm	31				Free Food and Prizes at events	