

**THE CITY OF PANAMA CITY BEACH
LYNDELL CONFERENCE CENTER**

423 LYNDELL LANE
PANAMA CITY BEACH, FL 32407

FEBRUARY 2019

Office Hours: 7:30am M-F

NO MEMBERSHIP IS REQUIRED FOR WEEKLY PARTICIPATION IN THESE PROGRAMS

**LYNDELL CENTER
BUILDING A
850-236-3033**

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 7:15am Walk off pounds 8:30am Beg.Line Dance 9:45 am Int. Line Dance 9am-COA Bingo-Lunch	2 Women's Covic Club Dance
3	4 7:15amWalk off pounds 8:30am Beg Line Dance 9:45 am Int. Line Dance 9am-COA Bingo-Lunch 6pm Karate	5 9 TO 10am Zumba Gold 11:15 Beginner Yoga 2pm Lets Make A Deal Bingo	6 7:15amWalk off pounds 8:30am Beg. Line Dance 9:45 am Int. Line Dance 9:00 Threads that Bind 10am Sunshine Club 5pm – TOPS 6pm Karate	7 9am-COA Bingo-Lunch 10 am Zumba Gold 11:15 Beginner Yoga	8 7:15amWalk off Pounds 8:30am Beg.Line Dance 9:45 am Int. Line Dance 9am-COA Bingo-Lunch	9
10	11 7:15amWalk off Pounds 8:30am Beg Line Dance 9:45 am Int. Line Dance 9am-COA Bingo-Lunch 6pm Karate	12 9 TO 10am Zumba Gold 11:15 Beginner Yoga 2pm Lets Make A Deal Bingo	13 7:15am Walk off pounds 8:30am Beg. Line Dance 9:45 am Int. Line Dance 9:00 Threads that Bind 10am Sunshine Club 5pm TOPS 6pm Karate	14 9am-COA Bingo-Lunch 10 am Zumba Gold 11:15 Beginner Yoga	15 7:15amWalk off Pounds 8:30am Beg.Line Dance 9:45 am Int. Line Dance 9am-COA Bingo-Lunch	16 Rental
17	18 CLOSED FOR PRESIDENTS DAY	19 9 TO 10am Zumba Gold 11:15 Beginner Yoga 2pm Lets Make A Deal Bingo	20 7:15am Walk off pounds 8:30am Beg. Line Dance 9:45 am Int. Line Dance 9:00 Threads that Bind 0am Sunshine Club 5pm TOPS 6pm Karate	21 9am- COA Bingo-Lunch 10 am Zumba Gold 11:15 Beginner Yoga	22 7:15am walk off pounds 8:30am Beg.Line Dance 9:45 am Int. Line Dance 9am-COA Bingo-Lunch	23
24	25 7:15amWalk off pounds 8:30am Beg Line Dance 9:45 am Int. Line Dance 9am-COA Bingo-Lunch 6pm Karate	26 9 TO 10am Zumba Gold 11:15 Beginner Yoga 2pm Lets Make A Deal Bingo 6pm Optimist	27 7:15am Walk off pounds 8:30am Beg. Line Dance 9:45 am Int. Line Dance 9:00 Threads that Bind 10am Sunshine Club 5pm TOPS 6pm Karate	28 9am- COA Bingo-Lunch 10 am Zumba Gold 11:15 Beginner Yoga		

COA = COUNCIL ON AGING BINGO

TOPS = Take Off Pounds Sensibly