

# January Activities

Monday	Tuesday	Wednesday	Thursday	Friday
----- Weekly Events -----				
8:00am Cont'l Breakfast 8:45am Circuit Exercise 9:30am Coffee Hour 9:45am Chair Exercise 10:30am Produce Pickup 11:00am Digital Wellness 11:00am Spanish Class 12:00pm Lunch* 1:00pm Pickleball @ Rec Center* 1:00pm Tai Chi Class	8:00am Breakfast 9:00am Walking Group 9:30am Coffee Hour 10:00am Mahjong 12:00pm Lunch* 12:45pm Pinochle 12:45pm Train Dominos 1:00pm Pickleball @ Rec Center* 1:15pm Yoga	8:00am Breakfast 8:45am Circuit Exercise 9:00am Welcome Wagon 9:30am Indoor Walking Group @ Rec Center 9:30am Coffee Hour 9:45am Chair Exercise 11:00am Mind Games 12:00pm Lunch* 1:00pm Pickleball @ Rec Center* 1:00pm Digital Wellness	8:00am Breakfast 8:30am Blood Pressure 9:00am Walking Group 9:30am Coffee Hour 9:30am Duplicate Bridge 12:00pm Lunch* 12:45pm Board Games 12:45pm Pinochle 12:45pm Yahtzee 1:00pm Pickleball @ Rec Center* 1:00pm Social Stitchers 1:15pm Yoga	8:00am Cont'l Breakfast 8:45am Line Dancing Exercise 9:30am Coffee Hour 9:45am Chair Exercise 12:00pm Lunch* 1:00pm Pickleball @ Rec Center* 1:00pm Close  *pre-registration required
			<b>1</b>  Center Closed	<b>2</b>  Center Closed
<b>5</b> 8:00am Tax Scheduling Begins for Senior Center Participants	<b>6</b> 9:30am Caregiver Support Group	<b>7</b> 9:30am Kinetic Stretch 1:15pm Watercolor Art	<b>8</b> 1:00pm IRS IP PIN Info Session 2:15pm Grief Support	<b>9</b> 10:30am Bingo
<b>12</b> 10:00am State Rep. Friel Mobile Office 10:00am Sports Desk	<b>13</b> No Breakfast 10:00am Late Opening 10:00am SeniorLAW* 10:30am Acrylic Art on Canvas 3:00pm Game Night*	<b>14</b> 10:00am Blood Pressure 12:00pm Birthday Lunch 1:00pm Bingo	<b>15</b> 10:00am Diabetes Class* 5:00pm Third Thursday: Supper Club	<b>16</b> 10:30am TV: Agatha Christie's Seven Dials
<b>19</b> 11:00am Hearing Presentation 11:30am Hearing Testing*	<b>20</b> 10:00am Hearing Testing* 10:30am Core3 Vertigo 12:00pm State Sen. Muth Mobile Office	<b>21</b> 9:30am Kinetic Stretch 9:30am Caregiver Support Group 1:00pm MLKjr Presentation 1:15pm Watercolor Art 2:15pm Grief Support	<b>22</b> 10:00am Diabetes Class*	<b>23</b> 10:30am TV: Agatha Christie's Seven Dials
<b>26</b> 2:00pm Book Club	<b>27</b> 10:00am Movie: The Thursday Murder Club	<b>28</b> 10:00am Blood Pressure	<b>29</b> 10:00am Diabetes Class* 10:00am Art Ease Mixed Media	<b>30</b> 10:30am TV: Agatha Christie's Seven Dials

Activities subject to change. Please check website for updates. Participation in any program is at your own risk in accordance with the Liability Waiver on the back page of the Participants Form.