

## JANUARY 2018

| Monday                                                                                                                        | Tuesday                                                                                                                                                                              | Wednesday                                                                                                                                                                                                 | Thursday                                                                                                                                     | Friday/Saturday                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| <b><u>1</u></b><br><br><b><i><u>HAPPY NEW YEAR!!</u></i></b><br><b><i><u>2018!!</u></i></b>                                   | <b><u>2</u></b><br>Bone Builders – 8:00<br>Spanish – 10:00<br><b>Coffee Café at 11:00</b><br><b>SASH at 1:00</b><br>Lunch – Noon                                                     | <b><u>3</u></b><br>Seniors in Motion – 9:30<br>Mah Jongg – 10:00<br>French – 10:30<br>Square Dancing – 2:00                                                                                               | <b><u>4</u></b><br>Bone Builders – 8:00<br><b>CVVHHH Foot Clinic – 9:00</b><br>Jazzercise – 9:20<br>Game Day – 1:00                          | <b><u>5</u></b><br>Seniors in Motion – 9:30<br><br><b><u>6</u></b><br>T'ai Chi – 10:00                                 |
| <b><u>8</u></b><br>Seniors in Motion – 9:30<br>Chair Yoga – 10:45<br>Yoga/BASC – Noon<br>Pitch – 1:00                         | <b><u>9</u></b><br>Bone Builders – 8:00<br>Spanish – 10:00<br><b>Coffee Café – 11:00</b><br>Lunch – Noon<br><b>Sing-along with Paula – 12:20</b><br>Falls Prevention T'ai Chi – 2:15 | <b><u>10</u></b><br>Seniors in Motion – 9:30<br>Mah Jongg – 10:00<br>French – 10:30<br>Square Dancing – 2:00<br>Line Dancing – 3:30                                                                       | <b><u>11</u></b><br>Bone Builders – 8:00<br>Jazzercise – 9:20<br><b>Board Meeting – 10:00</b><br>Game Day – 1:00<br>Intermed. Tai Chi – 2:00 | <b><u>12</u></b><br>Seniors in Motion – 9:30<br><br><b><u>13</u></b><br>T'ai Chi – 10:00                               |
| <b><u>15</u></b><br><br><b><i><u>HAPPY MARTIN</u></i></b><br><b><i><u>LUTHER KING JR</u></i></b><br><b><i><u>DAY!</u></i></b> | <b><u>16</u></b><br>Bone Builders – 8:00<br>Spanish – 10:00<br><b>Coffee Café – 11:00</b><br><b>Lunch w/ Director – Noon</b><br>Falls Prevention T'ai Chi – 2:15                     | <b><u>17</u></b><br>Seniors in Motion – 9:30<br>Mah Jongg – 10:00<br>French – 10:30<br>Square Dancing – 2:00<br>Line Dancing – 3:30                                                                       | <b><u>18</u></b><br>Bone Builders – 8:00<br>Jazzercise – 9:20<br>Game Day – 1:00<br>Intermed. Tai Chi – 2:00                                 | <b><u>19</u></b><br>Seniors in Motion – 9:30<br><b>Writing Sampler – 10:00</b><br><b><u>20</u></b><br>T'ai Chi – 10:00 |
| <b><u>22</u></b><br>Seniors in Motion – 9:30<br>Chair Yoga – 10:45<br>Yoga/BASC – Noon<br>Crafts – 1:00<br>Pitch – 1:00       | <b><u>23</u></b><br>Bone Builders – 8:00<br>Spanish – 10:00<br><b>Coffee Café – 11:00</b><br>Lunch – Noon<br>Falls Prevention T'ai Chi – 2:15                                        | <b><u>24</u></b><br>Seniors in Motion – 9:30<br>Mah Jongg – 10:00<br>French – 10:30<br>Square Dancing – 2:00<br>Line Dancing – 3:30                                                                       | <b><u>25</u></b><br>Bone Builders – 8:00<br>Jazzercise – 9:20<br>Game Day – 1:00<br>Intermed. Tai Chi – 2:00                                 | <b><u>26</u></b><br>Seniors in Motion – 9:30<br><b>Writing Sampler – 10:00</b><br><b><u>27</u></b><br>T'ai Chi – 10:00 |
| <b><u>29</u></b><br>Seniors in Motion – 9:30<br>Chair Yoga – 10:45<br>Yoga/BASC – Noon<br>Pitch – 1:00                        | <b><u>30</u></b><br>Bone Builders – 8:00<br>Spanish – 10:00<br><b>Coffee Café – 11:00</b><br>Lunch – Noon<br>Falls Prevention T'ai Chi – 2:15                                        | <b><u>31</u></b><br>Seniors in Motion – 9:30<br>Mah Jongg – 10:00<br>French – 10:30<br><b>Intro to T'ai Chi – 10:45</b><br><b>Prevent Diabetes – Noon</b><br>Square Dancing – 2:00<br>Line Dancing – 3:30 |                                                                                                                                              | <b><i><u>*Special Events in bold</u></i></b>                                                                           |

