



JANUARY SENIOR ACTIVITIES



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year's!	2 Building is Closed	3 Line Dance 10:00 am Rummy Club 1:30 pm Van Service	4 Wii Bowling 10:00 am Euchre 12:30 Van Service	5 Dollar Days 11:00 am Stroke Club 12:30 pm Van Service	6 Foot Dr. by Appointment Movie Day 1:00 pm Van Service	7
8	9 Card Club 9:00 am Sit 'n Knit 11:00 am Shape Up 12:30 pm Van Service	10 Line Dance 10:00 am Rummy Club 1:30 pm Van Service	11 Wii Bowling 10:00 am Pinochle 12:30 Van Service	12 Free Chair Yoga Demo 11:00-12:00 Lunch Bunch 11:00 am Stroke Club 12:30 pm Van Service	13	14
15	16 Card Club 9:00 am Sit 'n Knit 11:00 am Free Blood Pressure Testing 11:00 Shape Up 12:30 pm Van Service	17 Line Dance 10:00 am Rummy Club 1:30 pm Van Service	18 Wii Bowling 10:00 am Euchre 12:30 Van Service	19 Dollar Days 11:00 am Chair Yoga 11:00-12:00 Red Hats 12:30 Stroke Club 12:30 pm Van Service	20 Breakfast Club 9:30 am Movie Day 1:00 pm Van Service	21
22	23 Card Club 9:00 am Sit 'n Knit 11:00 am Shape Up 12:30 pm Van Service	24 Line Dance 10:00 am Rummy Club 1:30 pm Van Service	25 Wii Bowling 10:00 am Pinochle 12:30 Van Service	26 Trader Joe's 9:30 am and 12:30 pm Chair Yoga 11:00-12:00 Stroke Club 12:30 pm Van Service	27 Fantastic Friday 10:00 am Van Service	28
29	30 Card Club 9:00 am Sit 'n Knit 11:00 am Shape Up 12:30 pm Van Service	31 Line Dance 10:00 am Rummy Club 1:30 pm Van Service				