



# January 2019

<i>Every Monday</i>	<i>Every Tuesday</i>	<i>Every Wednesday</i>	<i>Every Thursday</i>	<i>Every Friday</i>
9:00 Aerobics with Terri starts on 1-7-19 10:00 Let's Play Cards in the main hall 10:05 Yoga with Amy starts on 1-7-19 11:00 American Sign Language 11:05 Stretch & Balance with Judi starts on 1-7-19 12:45 Creative Writing with Katherine	9:00 Advanced Strength Training with Judi 10:15 Strength Training with Judi 11:00 Journaling Your Journey 1:30 Line Dancing with Kathy	9:00 Aerobics with Terri 10:00 Tap with Terri starts on 1-9-19 10:00 Let's Play Cards in the main hall 10:00 Mah Jongg 11:00 Yoga Class with Mary Lou starts 1-2-19 (No Yoga Class on 1-16-19) 12:45 Tai Chi Work Out w/Spencer G. starts on 1-2-19	9:00 Tai Chi with Spencer G 9:00 Advanced Strength Training w/Judi starts on 1-3-19 10:15 Strength Training with Judi 10:15 *Dance-A-Chair with Carol (*Funded by NCOFA) 1:00 Crochet & Knit w/The Happy Hookers	9:00 Aerobics with Terri 10:00 Ballet w/Terri starts on 1-11-19 10:00 Mah Jongg  <i>-Food Pantry open every Wed. &amp; Fri. From 11am until 3pm-</i>
Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
<b><u>Committee Meeting Schedule</u></b> 1-07 Friendly Visitor Meeting at 11:00am 1-10 Activities Meeting at 1:30pm 1-10 S.A.C. Meeting at 10:00am 1-14 Hospitality Meeting at 10:30am	Center Closed Holiday	12:45 Bus takes members to Stop & Shop	10:30 Trip to Roosevelt School for Winter Fun Project with Second Graders 1:00 Meditation with Brad	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano music by Joan w/sing along 1:00 Table Bingo
7	8	9	10	11
10:30 Activity Hour with Jennifer 11:00 Friendly Visiting Meeting with Mary 1:30 Friendly Visit to Day Break 5:00 Caregiver's Discussion Group w/Ruth	10:00 Watercolor Group in conference room 1:00 Super Bingo	10:30 Women of the Ages 11:30 Social Service Update with Beth 12:45 Bus takes members to Stop & Shop 1:00 Daytime Caregivers Support Group	10:00 S.A.C. Meeting 11:00 Grumpy Old Men 11:15 Neck Pain w/ Dr. Danny 11:30 Chair Yoga w/Mary Lou 1:00 Craft Group with Sue 1:00 Meditation with Brad 1:30 Activities Meeting	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano music by Joan w/sing along 1:00 Ballroom Dancing with Vladimir 1:00 Table Bingo
14	15	16	17	18
10:30 Activity Hour with Jennifer 10:30 Hospitality Meeting 1:00 Name your Game with C. Prisco (Dominos, Uno and other games)	10:00 Watercolor Group in conference room 1:00 Tuesday Bingo 6:30 Open Mic Night w/Barbara & Ken until 9pm	12:45 Bus takes members to Stop & Shop	1:00 Jewelry Making with Lee Ann 1:00 Meditation with Brad	10:30 Senior Chat with Judy 10:45 Martin Luther King Celebration "Equality For All" 11:30 Piano Music by Joan w/sing along 1:00 Table Bingo
21	22	23	24	25
Center Closed Holiday	10:00 Watercolor Group in conference room 1:00 Tuesday Bingo	10:30 Women of the Ages 12:45 Bus takes members to Stop & Shop	11:00 Grumpy Old Men 11:30 Chair Yoga w/Mary Lou 1:00 Meditation with Brad	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano Music by Joan 12:45 Birthday Day Celebration 1:00 Ballroom Dancing with Vladimir
28	29	30	31	
10:30 Activity Hour with Jennifer 1:00 Friendly Visit to Christian Fellowship 5:00 Caregiver's Discussion Group w/Ruth	11:15 Learn About Clear Caption Phones with Jessica 1:00 Tuesday Bingo	11:45 Virtual Trip to Wyoming with Fun Facts Followed by a traditional Wyoming style lunch	1:00 Craft Group with Sue 1:00 Meditation with Brad	<b><u>Caregiver's Support Group</u></b> with Ruth from 5:00pm-6:30pm on Monday 1-7-19 & 1-28-19  <b><u>Daytime Caregivers Support Group</u></b> with Dawn from 1:00pm-2:00pm on Wednesday 1-9-19