

January 2019

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Monday		Tuesday		Wednesday		Thursday		Friday	
		1. Senior Center Closed For the New's Year's Day Holiday		2. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 COA Board Meeting 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch 12:30 BINGO 7:00 ZUMBA		3. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch 1:00 Cardio Dance-Fit 2:30 Stepping & Stretching 3:00 Legal Appts.		4. 7-9 Breakfast 8:00-12:00 Fitness Room 9:30 Conversational French 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie	
7. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Mah Jongg 12:00 Hanna's Special Luncheon 1:15 Chair Yoga 2:30 Stepping & Stretching Class		8. 7-9 Breakfast 9:00 Scrabble 10:00-2:00 Fitness Room 11:30 Lunch 2:15 Line Dancing Class		9. 7-9 Breakfast 8:00-12:00 Fitness Room 10:00 Friends Annual Board Meeting 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch GBFB Food Pick-Up 12:30 BINGO 7:00 ZUMBA		10. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch 1:00 Cardio Dance-Fit 2:30 Stepping & Stretching 6:00-8:00 Veterans Social		11. 7-9 Breakfast 8:00-12:00 Fitness Room 9:30 Conversational French 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie	
14. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Mah Jongg 11:30 Pampered Chef Demo 12:00 Pampered Chef Luncheon 1:15 Chair Yoga 2:30 Stepping & Stretching Class		15. 7-9 Breakfast 9:00 Scrabble 9:30 Happy Hookers 10:15 Senior Book Club 10:00-2:00 Fitness Room 11:30 Lunch 2:15 Line Dancing Class		16. 7-9 Breakfast 8:00-12:00 Fitness Room 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch 12:30 BINGO 7:00 ZUMBA		17. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch 1:00 Cardio Dance-Fit 2:30 Stepping & Stretching		18. 7-9 Breakfast 8:00-12:00 Fitness Room 9:30 Conversational French 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie	
21. Senior Center Closed For the Dr. Martin Luther King Holiday		22. 7-9 Breakfast 9:00 Scrabble 10:00-2:00 Fitness Room 11:30 Lunch 2:15 Line Dancing Class		23. 7-9 Breakfast 8:00-12:00 Fitness Room 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch 12:00-2:00 Senator's Office Visits 12:30 BINGO 7:00 ZUMBA		24. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch 1:00 Cardio Dance-Fit 2:30 Stepping & Stretching		25. 7-9 Breakfast 8:00-12:00 Fitness Room 9:30 Conversational French 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie	
28. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Mah Jongg 12:00 Mike & Ann's Special Lunch 1:15 Chair Yoga 2:30 Stepping & Stretching		29. 7-9 Breakfast 9:00 Scrabble 10:00-2:00 Fitness Room 11:30 Lunch 2:15 Line Dancing Class		30. 7-9 Breakfast 8:00-12:00 Fitness Room 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch 12:30 BINGO 7:00 ZUMBA		31. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch 1:00 Cardio Dance-Fit 2:30 Stepping & Stretching			