


JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center; font-size: 1.2em;">Senior Center Closed</p> <p style="text-align: center; font-size: 1.2em;">Happy New Year</p> <div style="text-align: center;">  </div> <p style="text-align: center; font-size: 0.8em;">*FANTASY WALK STARTS JAN. 1ST*</p>	<p>8:00-12:00 Pickleball 9:15-10:00 Express Circuit 9:20 Attorney 10:00-11:00 Line Dancing 10:15-11:15 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30-1:15 Flex, Movement & Balance 12:30 Pinochle 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers</p>	<p>9:15 Memory Loss Support Group 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:00 Mah Jongg</p>	<p>8:00-12:00 Pickleball 9:15-10:00 Express Circuit 9:30-11:30 Open Woodshop 10:30-11:30 Yoga 10:30-12:00 Bunco 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet</p>	<p>9:15 – 10:00 SMILE 9:30-11:30 Open Woodshop 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:30-3:00 Bingo 12:30 Open Play</p>
2	3	4	5	6
<p>8:00-12:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 10:15-11:00 Better Balance 10:30-11:30 The Nature of Suffering 11:15-12:00 Cardio Fit 12:30 Bridge</p>	<p>8:00-12:00 Pickleball 9:15-10:00 Express Circuit 9:30- Medicare Counseling 10:00-11:00 Line Dance 10:00 Hearing Aid Service 10:15-11:15 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30 Movie Matinee "I'll Find You" 12:30-1:15 Flex, Movement & Balance 12:40 Mobile Post Office 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers</p>	<p>9:00-11:00 Beginner Pickleball 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:00 Mah Jongg</p>	<p>8:00-12:00 Pickleball 9:15-10:00 Express Circuit 9:30-11:30 Open Woodshop 10:30-11:30 Yoga 10:30-12:00 Bunco 11:30-12:15 SMILE 12:30-1:30 Yoga 12:30 Open Play 1:00-3:00 Knit/Crochet</p>	<p>9:15- 10:00 SMILE 9:15 Benefits Check Up 9:30-11:30 Open Woodshop 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:30-3:00 Bingo 12:30 Open Play</p>
9	10	11	12	13
<p>8:00-12:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 10:15-11:00 Better Balance 10:30-11:30 The Nature of Suffering 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-3:00 Quilters</p>	<p>8:00-12:00 Pickleball 9:15-10:00 Express Circuit 10:00-11:00 Line Dancing 10:15-11:15 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers</p>	<p>9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00 TechKNOWledgy with Teens</p>	<p>8:00-12:00 Pickleball 9:15-10:00 Express Circuit 9:30-11:30 Open Woodshop 10:00 Morning Health Talk 10:30-11:30 Yoga 10:30-12:00 Bunco 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-2:00Tech Help 1:00-3:00 Knit/Crochet</p>	<p>9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:30 Open Play 12:30-3:00 Bingo</p>
16	17	18	19	20
<p>8:00-12:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 10:15-11:00 Better Balance 10:30-11:30 The Nature of Suffering 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-3:00 Quilters 2:30 Book Discussion (Library)</p>	<p>8:00-12:00 Pickleball 9:15-10:00 Express Circuit 10:00-11:00 Line Dancing 10:15-11:15 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:00 Movie Matinee "Thirteen Lives" 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers</p>	<p>9:00-11:00 Beginner Pickleball 9:15- 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:00 Mah Jongg</p>	<p>8:00-12:00 Pickleball 9:15-10:00 Express Circuit 9:30-11:30 Open Woodshop 10:30-11:30 Yoga 10:30-12:00 Bunco 11:30-12:15 SMILE 12:30 Open Play 12:30-1:30 Yoga 1:00-3:00 Knit/Crochet</p>	<p>9:15- 10:00 SMILE 9:20 Attorney 9:30-11:30 Open Woodshop 10:15-11:00 Functional Training 10:15-11:00 Better Balance 11:15-12:00 Cardio Fit 12:30 Open Play 12:30-3:00 Bingo</p>
23	24	25	26	27
<p>8:00-12:00 Pickleball 9:15- 10:00 SMILE 9:15- 10:00 Asian Exercise 10:15-11:00 Functional Training 10:15-11:00 Better Balance 10:30-11:30 The Nature of Suffering 11:15-12:00 Cardio Fit 12:30 Bridge 1:00-3:00 Quilters</p>	<p>8:00-12:00 Pickleball 9:15-10:00 Express Circuit 10:00 Aging in Place-Kitchen & Baths 10:00-11:00 Line Dancing 10:15-11:15 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers</p>			
30	31			