



CALENDAR OF ACTIVITIES

JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 CENTER IS CLOSED FOR NEW YEAR'S DAY</p> 	<p>2 9:00—Trip Sign Up 9:30—Senior Walking Program (DR) 9:45—Exercise with Conner (DR) 10:30—Phase 10 (Card Room) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (Card Room)</p>	<p>3 9:00—New Beginners Line Dancing (DR) 9:30—Beginners Line Dancing (DR) 9:30—POOL Group (Social Room) 10:00—Improver Dancers Line 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR)</p>	4
<p>6 9:30—Armchair Exercise— (DR) 10:15—Cardio Drumming (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (Card Room) 12:45—Mat Yoga (DR) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR) 6:00—Exercise with Conner (DR)</p>	<p>7 9:30—Senior Walking Program (DR) 9:30—Fitness Center with Conner 10:00—Cardio Drumming (DR) 10:00—Bible Study (Craft Room) 10:30—Bridge (Card Room) 11:15—11:45 Grab N Go Lunch 11:30—Cribbage (Social Room) 12:00—Lunch Served (DR) 1:00—Sit & Sew (Craft Room)</p>	<p>8 9:30—Armchair Exercise—(DR) 9:30 Fitness Center with Conner 10:15—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (Craft Room) 12:00—Lunch Served (DR) 12:30—500 (Card Room)</p>	<p>9 9:30—Senior Walking Program (DR) 9:45—Exercise with Conner (DR) 10:30—Phase 10 (Card Room) 11:00—11:30 Grab N Go Lunch 12:00—Lunch Served (DR) BIRTHDAY PARTY 12:30—Pinochle (Card Room) 6:00—Board Meeting (DR)</p>	<p>10 9:00—New Beginners Line Dancing (DR) 9:30—Beginners Line Dancing (DR) 9:30—Pool Group (Social Room) 9:30—Party Bridge (Card Room) 10:00—Improver Dancers Line Dancing (DR) 11:15—11:45—Grab N Go Lunch Pick-up (DR) 12:00—Lunch Served (DR) 12:30—Bridge Brush Up Class (Card Rm) 1:00—Computer Tech</p>	11
<p>13 9:30—Armchair Exercise (DR) 10:15—Cardio Drumming (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (Card Room) 12:45—Mat Yoga (DR) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR) 6:00—Exercise with Conner (DR)</p>	<p>14 9:30—Senior Walking Program (DR) 9:30—Fitness Center with Conner 10:00—Cardio Drumming (DR) 10:00—Bible Study (Craft Room) 10:30—Bridge (Card Room) 11:15—11:45 Grab N Go Lunch 11:30—Cribbage (Social Room) 12:00—Lunch Served (DR) Martin Luther King Celebration 1:00—Sit & Sew (Craft Room)</p>	<p>15 9:30—Armchair Exercise—(DR) 9:30—Fitness Center with Conner 10:15—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (Craft Room) 11:30—Blood Pressure Checks (Dining Room) 12:00—Lunch Served (DR) 12:15—National Strawberry Ice Cream Day (Free Ice Cream) 12:30—500 (Card Room)</p>	<p>16 9:30—Senior Walking Program (DR) 9:45—Exercise with Conner (DR) 10:30—Phase 10 (Card Room) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (Card Room) 1:00—Bingo (Dining Room)</p>	<p>17 9:00—New Beginners Line Dancing (DR) 9:30—Beginners Line Dancing (DR) 9:30—Pool Group (Social Room) 9:30—Party Bridge (Card Room) 10:00—Improver Dancers Line Dancing (DR) 10:45—Depart for Dine Around 11:15—11:45—Grab N Go Lunch Pick-up (DR) 12:00—Lunch Served (DR) 12:30—Bridge Brush Up Class (Card Rm)</p>	18
<p>20 CENTER IS CLOSED FOR MARTIN LUTHER KING, JR HOLIDAY</p> 	<p>21 9:30—Senior Walking Program (DR) 9:30—Fitness Center with Conner 10:00—Cardio Drumming (DR) 10:00—Bible Study (Craft Room) 10:30—Bridge (Card Room) 11:15—11:45 Grab N Go Lunch 11:30—Cribbage (Social Room) 12:00—Lunch Served (DR) 1:00—Sit & Sew (Craft Room) 1:00—Modern Maturity Meeting (DR) 1:00—Members Meeting Zoom & In-person (DR)</p>	<p>22 9:30—Armchair Exercise—(DR) 9:30—Fitness Center with Conner 10:15—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (Craft Room) 12:00—Lunch Served (DR) 12:30—500 (Card Room) 1:00—Bingocize (Dining Room)</p>	<p>23 9:30—Senior Walking Program (DR) 9:45—Exercise with Conner (DR) 10:30—Phase 10 (Card Room) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (Card Room)</p>	<p>24 9:00—New Beginners Line Dancing (DR) 9:30—Beginners Line Dancing (DR) 9:30—Pool Group (Social Room) 9:30—Party Bridge (Card Room) 10:00—Improver Dancers Line Dancing (DR) 10:00—Depart for Roses Shopping 11:15—11:45—Grab N Go Lunch Pick-up (DR) 12:00—Lunch Served (DR) 12:30—Bridge Brush Up Class (Card Rm)</p>	25
<p>27 9:30—Armchair Exercise— (DR) 10:15—Cardio Drumming (DR) 10:30—Milford Senior Center Visit 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (Card Room) 12:45—Mat Yoga (DR) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR) 6:00—Exercise with Conner (DR)</p>	<p>28 9:30—Senior Walking Program (DR) 9:30—Fitness Center with Conner 10:00—Cardio Drumming (DR) 10:00—Bible Study (Craft Room) 10:30—Bridge (Card Room) 11:15—11:45 Grab N Go Lunch 11:30—Cribbage (Social Room) 12:00—Lunch Served (DR) 1:00—Sit & Sew (Craft Room) 1:00—Bingo (Dining Room)</p>	<p>29 9:30—Armchair Exercise—(DR) 9:30—Fitness Center with Conner 10:15—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (Craft Room) 11:30—Blood Pressure Checks (Dining Room) 12:00—Lunch Served (DR) 12:30—500 (Card Room)</p>	<p>30 9:30—Senior Walking Program (DR) 9:45—Exercise with Conner (DR) 10:30—Phase 10 (Card Room) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (Card Room)</p>	<p>31 9:00—New Beginners Line Dancing (DR) 9:30—Beginners Line Dancing (DR) 9:30—Pool Group (Social Room) 9:30—Party Bridge (Card Room) 10:00—Improver Dancers Line Dancing (DR) 11:15—11:45—Grab N Go Lunch Pick-up (DR) 12:00—Lunch Served (DR) 12:30—Bridge Brush Up Class (Card Rm) 1:00—Computer Tech</p>	