

ACTIVITIES JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HAPPY NEW YEAR! SENIOR CENTER CLOSED	2	3 Note: The Veterans Agent is in the process of being replaced. we will post hours once we learn them- call to check 684-2000	4 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	5 9:00 Pitch	6
7 1:00 Sunday Lunch HOST: BFCN	8 9:30 Line Dancing 12:00 Lunch 1:00 Art Together 1:00 Senate Office Hours	9** 9:30 Osteo 11:15 Tai Chi 12:00 Soup & Sandwich 1:00 Painting 1:00 Knitting	10 9:00 Veterans Agent 9:00 Foot Care 10:00 Shake Y' Soul 3:30 COA BOARD	11 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	12 9:00 Pitch 11:00 Chair Yoga	13
14	15 MARTIN LUTHER KING DAY SENIOR CENTER CLOSED	16 9:30 Osteo 11:15 Tai Chi 12:00 Soup & Sandwich 1:00 Painting 1:00 Knitting	17 9:00 Veterans Agent 10:00 Shake Your Soul 1:00 TRIAD	18 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	19 9:00 Pitch 11:00 Chair Yoga 1:00 Life after Loss 1:00 Hip Hop Chair Yoga	20
21 1:00 Sunday Lunch HOST: TBA	22 9:30 Line Dancing 12:00 Lunch 1:00 Art Together	23 9:30 Osteo 11:15 Tai Chi 12:00 Soup & Sandwich 1:00 Painting 1:00 Knitting	24 9:00 Veterans Agent 10:00 Shake Your Soul 1:00 - Movie: Our Souls at Night	25 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	26 9:00 Pitch 11:00 Chair Yoga	27
28	29 9:30 Line Dancing 12:00 Lunch 1:00 Art Together 1:00 BINGO	30 9:30 Osteo 11:15 Tai Chi 12:00 Soup & Sandwich 1:00 Painting 1:00 Knitting	31 9:00 Veterans Agent 10:00 Shake Your Soul			

Special Events are indicated in **red font**. Please remember to sign up for special events and lunches by calling 684-2000

***CHP Mobile Health Unit 2nd Tuesday 10 – 12*

Harm Reduction Van 2nd Tuesday @ 12:30 – 2:30