

JANUARY ACTIVITIES 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>Happy New Year!</i> Center Closed	2 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	3 8:30 Strength & Mobility\$ 9:00 Pitch	4
5 1:00 Sunday Lunch HOST: FCC	6 9:30 Line Dancing \$ 10:00 Walk 12:00 Lunch 1:00 Art Together 1:00 RMV Shifting Gears Drive Safe	7 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting	8 8:30 Strength & Mobility\$ 9:00 Footcare 9:00-12 Meet Robin Scace-the New Veteran's Agent 10:0 Shake Y' Soul \$ 3:30 COA Board	9 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	10 8:30 Strength & Mobility\$ 9:00 Pitch 11:00 Chair Yoga\$ 1:00 Life After Loss Group 1:00 HIP HOP CHAIR	11
12	13 9:30 Line Dancing \$ 10:00 Walk 12:00 Lunch 1:00 Art Together 2:00 Drumming	14 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting	15 8:30 Strength & Mobility\$ 10:0 Shake Y' Soul \$ 1:00 Triad-guest speaker Peggy Harris Reg. Deeds	16 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	17 8:30 Strength & Mobility\$ 9:00 Pitch 11:00 Chair Yoga \$	18
19 1:00 Sunday Lunch HOST: ST AGNES	20 <i>Martin Luther King Day</i> Center Closed	21 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich\$ 1:00 Knitting	22 Staff training – no activities today	23 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	24 8:30 Strength & Mobility\$ 9:00 Pitch 11:00 Chair Yoga\$	25
26	27 9:30 Line Dancing \$ 10:00 Walk 12:00 Lunch 1:00 Art Together 1:00 BINGO	28 9:30 Osteo 11:15 Tai Chi \$ 12:00 Soup & Sandwich \$ 1:00 Knitting	29 8:30 Strength & Mobility\$ 10:0 Shake Y' Soul \$ 10:00 Show & Tell! 1:00 MOVIE: The Six Triple Eight	30 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	31 8:30 Strength & Mobility\$ 9:00 Pitch 11:00 Chair Yoga\$ 1:00 Meditation with Amanda	

Programs with a \$ has an instructor charge. If you are signed up and find you cannot attend please contact us asap so we can pull someone else up. 684-2000 to RSVP or Cancel. **Special events are in RED.** Programs in Yellow are Hybrid!