

January 2023 Program Calendar

Programs shown were scheduled at the time of printing and subject to change. **In-Person classes are noted in black.** **Virtual Classes are noted in green.** **Special programs/events are noted in Gold.** You must make an appointment where indicated on the calendar and register for lunches as well as virtual classes and special events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED 2 New Year Holiday</p> 	<p>9:00-10:20 Haircuts (by appointment only) 3 9:15 Walking with Weights (\$3) 9:30 Group Trivia 10:00 Stamp Club 10:30 The Gathering 12:00-1:00pm Lunch 1:30pm Zumba (\$3)</p>	<p>8:00 Chess 4 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:00pm Medicare Counseling (by appt. only) 1:30pm Healthy Steps in Motion</p>	<p>9:00 Wood Carving 5 9:30 Stitch & Chat 10:00-11:00 Free Blood Pressure Screenings 10:30 Managing Back Pain with Total Performance 11:00-12:00pm Help Yourself to Healthy Living: Secrets for a Happier and Healthier Life! 12:00-1:00pm Lunch 1:00pm Bridge 1:30pm Tone & Balance (\$3)</p>	<p>10:00 Wii Sports or Jeopardy 6 12:00-1:00pm Lunch 1:30pm Stretch & Tone (\$3)</p>
<p>9:15 Tai Chi (\$4) 9 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks <i>Members Only can start to schedule Tax Preparation appointments from January 9-13. Appts. begin in early February.</i></p>	<p>9:15 Walking with Weights (\$3) 10 9:30 Group Trivia 10:30 Storytime with Josephine 12:00-1:00pm Lunch 1:30pm Zumba (\$3)</p>	<p>8:00 Chess 11 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appointment only) 12:00-1:00pm Lunch 1:30pm Healthy Steps in Motion</p>	<p>9:00 Wood Carving 12 9:30 Stitch & Chat 11:00 Meditation by Lea 12:00-1:00pm Lunch 1:00pm Bridge 1:00pm Member Council 1:30pm Tone & Balance (\$3)</p>	<p>10:00 Wii Sports or Jeopardy 13 12:00-1:00pm Lunch 1:30pm Stretch & Tone (\$3) 2:00pm Special Bingo with Devoted 2:30pm Happy Hour</p>
<p>9:15 Tai Chi (\$4) 16 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks <i>Anyone can schedule Tax Preparation appointments starting January 16. Appts. begin in early February.</i></p>	<p>9:00-10:20 Haircuts (by appointment only) 17 9:15 Walking with Weights (\$3) 9:30 Group Trivia 10:30 The Gathering 12:00-1:00pm Lunch 1:30pm Zumba (\$3)</p>	<p>8:00 Chess 18 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 12:00-1:00pm Lunch 1:30pm Healthy Steps in Motion</p>	<p>8:30-12:30pm AARP Driver Refresher Course (Fee) 19 9:00 Wood Carving 9:30 Legal Consultations (by appointment only) 9:30 Stitch & Chat 12:00-1:00pm Lunch 1:00pm Bridge 1:30pm Tone & Balance (\$3)</p>	<p>10:00 Wii Sports or Jeopardy 20 11:00-12:00pm Snowman Sip and Craft (\$3) 12:00-1:00pm Lunch 1:30pm Stretch & Tone (\$3)</p>
<p>9:15 Tai Chi (\$4) 23 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks</p>	<p>9:15 Walking with Weights (\$3) 24 9:30 Group Trivia 10:30 The Gathering 11:30-1:30pm Cash for Gold 12:00-1:00pm Lunch 1:30pm Zumba (\$3)</p>	<p>8:00 Chess 25 9:15 Tai Chi (\$4) 9:30 Coloring for Calmness 10:30 Tech Tutoring with Ed (by appointment only) 12:00-1:00pm Lunch 1:30pm Healthy Steps in Motion</p>	<p>9:00 Wood Carving 26 9:30 Stitch & Chat 11:00 Meditation by Lea 12:00-1:00pm Lunch 1:00pm Bridge 1:30pm Tone & Balance (\$3)</p>	<p>10:00 Wii Sports or Jeopardy 27 12:00-1:00pm Lunch 1:30pm Stretch & Tone (\$3) 2:30pm Happy Hour</p>
<p>9:15 Tai Chi (\$4) 30 12:00-1:00pm Lunch 1:30pm Art Class (\$3) 1:45pm Bingo for Bucks</p>	<p>9:15 Walking with Weights (\$3) 31 9:30 Group Trivia 10:30 The Gathering 12:00-1:00pm Lunch 1:30pm Zumba (\$3)</p>			