

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

Colchester Senior Center



	2 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 1:00 Bridge	3 9:00 Making Memories 9:15 BP Clinic 9:45 Tai Chi 12:30 Pinochle 1:30 Bingo	4 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Line Dancing	5 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	6 10:00 Sit & Be Fit 10:00 Zentangle Workshop 10:00 Hearing Clinic 10:30 Choral Group 11:00 Yoga 1:30 Bingo	7	8
9 8:30 COA Meeting 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Pet Therapy 11:00 Learn to Sign 12:30 Mah Jongg 1:00 Step by Step Ptg. 1:00 Bridge	10 9:00 Making Memories 9:45 Tai Chi 10-12 Long Term Care Ombudsman Meeting 12:30-3:30 CHOICES Counseling by Appt. 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z)	11 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Prevent Accidental Poisoning at Home 10:00 Sit & Be Fit 12:30 Movie Club "Shang-Chi" (PG-13, 2021) 1:30 Line Dancing 2:30 CSC Staff Meeting	12 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 Live Well (CC) 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	13 10:00 Sit & Be Fit 10:00 Zentangle Workshop 10:30 Choral Group 11:00 Yoga 1:30 Bingo	14 	15	
	16 CSC Closed for Martin Luther King Jr. Day Martin Luther King Jr. Day	17 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo	18 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Welcome the New Year with a Bang! Luncheon 1:30 Line Dancing	19 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 Live Well (CC) 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	20 10:00 Sit & Be Fit 10:00 Zentangle Workshop 10:30 Choral Group 11:00 Yoga 11:00 Lunch Bunch departs to Fennagain's 1:30 Bingo	21	22
23 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 1:00 Bridge Activity Professionals Week	24 9:00 Making Memories 9:45 Tai Chi 12:30 Pinochle 12:30 In the Know 1:30 Bingo 7:00 SCBC Meeting (Z)	25 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 What's Next for the New Senior Center 1:30 Line Dancing Australia Day (observed)	26 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 Live Well (CC) 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet	27 10:00 Sit & Be Fit 10:00 Zentangle Workshop 10:30 Choral Group 11:00 Yoga 1:30 Bingo	28 	29	
	30 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Stitch & Fix Appts. 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 1:00 Bridge	31					

Key: Z= On Zoom

CC= Conference Call

*Scheduled programs are subject to change

PAGE 9