

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	<p>1</p> <p>Closed for the New Year's Day Holiday</p> <p>New Year's Day</p>	<p>2</p> <p>9:00 Making Memories <u>NO</u> Tai Chi 12:30 Pinochle 1:30 Bingo <u>NO</u> AARP Meeting</p>	<p>3</p> <p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Life Review Writing <u>NO</u> Backus Stroke Survivors Program 1:30 Line Dancing</p>	<p>4</p> <p>9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet 1:00 Trivia Challenge</p>	<p>5</p> <p>10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:30 Bingo</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>9:00 COA Meeting (TH) 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</p>	<p>9</p> <p>9:00 Making Memories 9:45 Tai Chi 10:00 Regional LTC Ombudsman Meeting 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z) <i>*Bus Transportation beginning at 10:30 a.m.</i></p>	<p>10</p> <p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Plant Based Protein Presentation 1:30 Cardio Drumming I 2:00 Sewing Circle 2:30 CSC Staff Meeting</p>	<p>11</p> <p>9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>12</p> <p>10:00 Sit & Be Fit 10:30 Choral Group 10:45 Blood Pressure Clinic 11:00 Yoga 11:15 Chatham Health Education Series 1:00 Tech Time w/ Harry 1:30 Bingo</p> 	<p>13</p>
	<p>14</p> <p>15</p> <p>Closed for the Dr. Martin Luther King Jr. Day Holiday</p> <p>Martin Luther King Jr. Day</p>	<p>16</p> <p>9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Pinochle 1:30 Bingo</p>	<p>17</p> <p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 The Piano Bar Luncheon 1:30 Line Dancing</p>	<p>18</p> <p>9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>19</p> <p>10:00 Sit & Be Fit 10:00 Card Making 10:15 Across the Ages 10:30 Choral Group 11:00 Yoga 1:00 Tech Time w/ Harry 1:30 Bingo 2:00 Ham Radio</p>	<p>20</p>
<p>21</p> <p>Activity Professionals Week</p>	<p>22</p> <p>9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Pet Therapy 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</p>	<p>23</p> <p>9:00 Making Memories 9:45 Tai Chi 11:00 Potluck Pie Party 12:30 CHOICES Counseling, by appt. 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z)</p>	<p>24</p> <p>9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Cultivating Happiness in the New Yr 1:30 Cardio Drumming I 2:00 Sewing Circle</p> <p>Tu B'Shevat Begins</p>	<p>25</p> <p>9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>26</p> <p>10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 11:30 Lunch Bunch to Flanders Fish Market in Niantic 1:30 Bingo</p> <p>Australia Day (Observed)</p>	<p>27</p>  <p>shutterstock.com - 120943984</p>
	<p>28</p> <p>9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Stitch & Fix 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</p>	<p>29</p> <p>9:00 Making Memories 9:30 Makeup for Mature Women Forum 9:45 Tai Chi 12:30 Pinochle 12:30 In the Know 1:30 Bingo</p>	<p>30</p> <p>9:00 Making Memories 9:00 Walking Group 10:00 Gelli Printing w/ Jodi 10:00 Adult Coloring 10:00 Sit & Be Fit 1:00 Courageous Dissent Presentation</p>	<p>31</p> <h1>January 2024</h1> <p>Colchester Senior Center</p>		

Key: Z = Zoom, TH = Town Hall Hybrid Meeting