




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>  <p>New Year's Day</p>	<p>2</p> <p>Happy New Year</p> <p>CSC Closed for the New Year Holiday</p>	<p>3</p> <p>9:00 Making Memories</p> <p>9:45 Tai Chi</p> <p>10:30 <u>No</u> Blood Pressure Clinic</p> <p>12:30 Pinochle</p> <p>1:30 Bingo</p>	<p>4</p> <p>9:00 Making Memories</p> <p>9:00 Walking Group</p> <p>10:00 Adult Coloring</p> <p>10:00 Sit &amp; Be Fit</p> <p>1:30 Creative Vision Boards</p>	<p>5</p> <p>9:00 Exercise w/ Anne</p> <p>10:00 Sittercize</p> <p>10:00 Wii Bowling</p> <p>11:00 Yoga</p> <p>12:00 Chair Massage</p> <p>12:30 Dominoes</p> <p>1:00 Knit &amp; Crochet</p>	<p>6</p> <p>10:00 Sit &amp; Be Fit</p> <p>10:30 Hearing Clinic</p> <p>10:30 Choral Group</p> <p>11:00 Yoga</p> <p>1:30 Bingo</p>	<p>7</p>
<p>8</p>	<p>9</p> <p>9:00 COA Meeting (TH)</p> <p>9:00 Making Memories</p> <p>9:00 Exercise w/ Anne</p> <p>10:00 Sittercize</p> <p>11:00 Learn to Sign</p> <p>12:30 Mah Jongg</p> <p>12:45 Setback</p> <p>1:00 Bridge</p>	<p>10</p> <p>9:00 Making Memories</p> <p>9:45 Tai Chi</p> <p>10:00 Regional LTC Ombudsman Meeting</p> <p>12:30 Pinochle</p> <p>12:30 CHOICES</p> <p>1:30 Bingo</p> <p>7:00 SCBC Meeting (Z)</p>	<p>11</p> <p>9:00 Making Memories</p> <p>9:00 Walking Group</p> <p>10:00 Adult Coloring</p> <p>10:00 Sit &amp; Be Fit</p> <p>10:15 Across the Ages</p> <p>1:00 Creative Life Review Journaling</p> <p>2:30 CSC Staff Meeting</p>	<p>12</p> <p>9:00 Exercise w/ Anne</p> <p>10:00 Sittercize</p> <p>10:00 Wii Bowling</p> <p>10:30 Shopping Trip</p> <p>11:00 Yoga</p> <p>12:00 Chair Massage</p> <p>12:30 Dominoes</p> <p>1:00 Knit &amp; Crochet</p>	<p>13</p> <p>10:00 Sit &amp; Be Fit</p> <p>10:00 Card Making</p> <p>10:30 Choral Group to Harrington Court</p> <p>11:00 Yoga</p> <p>1-4 AARP Tax Training (Closed Meeting)</p> <p>1:30 Bingo</p>	<p>14</p>  <p>Martin Luther King Jr. 1929 - 1968</p>
<p>15</p>	<p>16</p> <p>CSC Closed for Martin Luther King Jr. Day</p> <p>Martin Luther King Jr. Day</p>	<p>17</p> <p>9:00 Making Memories</p> <p>9:45 Tai Chi</p> <p>10:30 Book Club</p> <p>12:30 Pinochle</p> <p>1:30 Bingo</p>	<p>18</p> <p>9:00 Making Memories</p> <p>9:00 Walking Group</p> <p>10:00 Adult Coloring</p> <p>10:00 Sit &amp; Be Fit</p> <p>11:00 Snowflake Social Luncheon</p>	<p>19</p> <p>9:00 Exercise w/ Anne</p> <p>10:00 Sittercize</p> <p>10:00 Wii Bowling</p> <p>11:00 Yoga</p> <p>12:00 Chair Massage</p> <p>12:30 Dominoes</p> <p>1:00 Knit &amp; Crochet</p>	<p>20</p> <p>10:00 Sit &amp; Be Fit</p> <p>10:30 Choral Group</p> <p>11:00 Yoga</p> <p>11:30 Mental Health Self Care Lunch &amp; Learn</p> <p>1:00 Tech Time with Harry</p> <p>1:30 Bingo</p>	<p>21</p>
 <p>Chinese New Year (Year of the Rabbit)</p>	<p>23</p> <p>9:00 Making Memories</p> <p>9:00 Exercise w/ Anne</p> <p>10:00 Sittercize</p> <p>11:00 Learn to Sign</p> <p>11:00 Chinese New Year Party</p> <p>12:30 Mah Jongg</p> <p>12:45 Setback</p> <p>1:00 Bridge</p> <p>Activity Professionals Day</p>	<p>24</p> <p>9:00 Making Memories</p> <p>9:45 Tai Chi</p> <p>12:30 Pinochle</p> <p>11:30 Bingo Players Luncheon</p> <p>1:30 Bingo</p> <p>7:00 SCBC Meeting (Z)</p>	<p>25</p> <p>9:00 Making Memories</p> <p>9:00 Walking Group</p> <p>10:00 Adult Coloring</p> <p>10:00 Sit &amp; Be Fit</p> <p>10:30 Free Gift Card Bingo</p> <p>1:00 Creative Life Review Journaling</p>	<p>26</p> <p>9:00 Exercise w/ Anne</p> <p>9:30 Strategic Planning Meeting</p> <p>10:00 Sittercize</p> <p>10:00 Wii Bowling</p> <p>11:00 Yoga</p> <p>12:00 Chair Massage</p> <p>12:30 Dominoes</p> <p>1:00 Knit &amp; Crochet</p> <p>Australia Day (observed)</p>	<p>27</p> <p>9:30 Painting with Ruth</p> <p>10:00 Sit &amp; Be Fit</p> <p>10:30 Choral Group</p> <p>11:00 Lunch Bunch to Log Cabin Lebanon</p> <p>11:00 Yoga</p> <p>1:30 Bingo</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>9:00 Making Memories</p> <p>9:00 Exercise w/ Anne</p> <p>10:00 Sittercize</p> <p>10:00 Stitch &amp; Fix</p> <p>11:00 Learn to Sign</p> <p>12:30 Mah Jongg</p> <p>12:45 Setback</p> <p>1:00 Bridge</p>	<p>31</p> <p>9:00 Making Memories</p> <p>9:45 Tai Chi</p> <p>10:30 Gourd Birdhouse Painting</p> <p>12:30 Pinochle</p> <p>12:30 In the Know</p> <p>1:30 Bingo</p>	<h1>January 2023</h1> <h2>Colchester Senior Center</h2>			