

January 2024

Activities marked \$\$ have a fee
 Unmarked activities are FREE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Happy New Year!</p> <p>10:00 Tai Chi 1</p> <p>10:00 Farm Share</p> <p>10:30 Square Tales</p> <p>11:00 Yoga with Jill \$\$</p> <p>12:00 Hot Lunch \$\$</p> <p>12:30 Adult Coloring</p> <p>12:30 Mahjong</p>	<p>2</p> <p>10:00 Bone Builders</p> <p>12:30 Bingo</p>	<p>3</p> <p>10-11:30 Meals pick-up</p> <p>10:00 Yoga with Ilse</p> <p>11:30 Tai Chi 2</p> <p>12:30 Bingo</p> <p>1:00 Line Dancing</p>	<p>4</p> <p>10:00 Free Groceries</p> <p>10:15 Yoga with Jill \$\$</p> <p>10:00 Coffee/Convo</p> <p>11:00 Cribbage</p> <p>1:00 Bridge</p> <p>1:00 Bone Builders</p>	<p>5</p> <p>10:15 Peer Support Group: to sign up call Jean at 802.497.0723</p> <p>10:30 Tai Chi 1</p> <p>11:30 Tai Chi 2</p>
<p>8</p> <p>10:00 Tai Chi 1</p> <p>10:00 Farm Share</p> <p>10:30 Square Tales</p> <p>11:00 Yoga with Jill \$\$</p> <p>12:00 Hot Lunch \$\$</p> <p>12:30 Adult Coloring</p> <p>12:30 Mahjong</p>	<p>9</p> <p>10:00 Bone Builders</p> <p>12:30 Bingo</p>	<p>10</p> <p>10-11:30 Meals pick-up</p> <p>10:00 Farm Share</p> <p>10:00 Yoga with Ilse</p> <p>11:30 Tai Chi 2</p> <p>12:30 Bingo</p> <p>1:00 Line Dancing</p>	<p>11</p> <p>10:00 Free Groceries</p> <p>10:15 Yoga with Jill \$\$</p> <p>10:00 Coffee/Convo</p> <p>11:00 Cribbage</p> <p>1:00 Bridge</p> <p>1:00 Bone Builders</p>	<p>12</p> <p>10:15 Peer Support Group: to sign up call Jean at 802.497.0723</p> <p>10:30 Tai Chi 1</p> <p>11:30 Tai Chi 2</p>
<p>15</p> <p>10:00 Tai Chi 1</p> <p>10:30 Square Tales</p> <p>11:00 Yoga with Jill \$\$</p> <p>12:00 Hot Lunch \$\$</p> <p>12:30 Adult Coloring</p> <p>12:30 Mahjong</p>	<p>16</p> <p>10:00 Bone Builders</p> <p>11:30 Birthday Lunch</p> <p>11:30-12:30 Kerry Restaurant Tix.</p> <p>1:00 Bingo</p>	<p>17</p> <p>10-11:30 Meals pick-up</p> <p>10:00 Yoga with Ilse</p> <p>11:30 Tai Chi 2</p> <p>12:30 Bingo</p> <p>1:00 Line Dancing</p>	<p>18</p> <p>10:00 Free Groceries</p> <p>10:15 Yoga with Jill \$\$</p> <p>10:00 Coffee/Convo</p> <p>11:00 Cribbage</p> <p>1:00 Bridge</p> <p>1:00 Bone Builders</p>	<p>19</p> <p>10:15 Peer Support Group: to sign up call Jean at 802.497.0723</p> <p>10:30 Tai Chi 1</p> <p>11:30 Tai Chi 2</p>
<p>22</p> <p>10:00 Tai Chi 1</p> <p>10:00 Farm Share</p> <p>10:30 Square Tales</p> <p>11:00 Yoga with Jill \$\$</p> <p>12:00 Hot Lunch \$\$</p> <p>12:30 Adult Coloring</p> <p>12:30 Mahjong</p>	<p>23</p> <p>10:00 Bone Builders</p> <p>12:30 Bingo</p>	<p>24</p> <p>10-11:30 Meals pick-up</p> <p>10:00 Farm Share</p> <p>10:00 Yoga with Ilse</p> <p>11:30 Tai Chi 2</p> <p>12:30 Bingo</p> <p>1:00 Line Dancing</p>	<p>25</p> <p>10:00 Free Groceries</p> <p>10:15 Yoga with Jill \$\$</p> <p>10:00 Coffee/Convo</p> <p>11:00 Cribbage</p> <p>1:00 Bridge</p> <p>1:00 Bone Builders</p>	<p>26</p> <p>10:15 Peer Support Group: to sign up call Jean at 802.497.0723</p> <p>10:30 Tai Chi 1</p> <p>11:30 Tai Chi 2</p>
<p>29</p> <p>10:00 Tai Chi 1</p> <p>10:30 Square Tales</p> <p>11:00 Yoga with Jill \$\$</p> <p>12:00 Hot Lunch \$\$</p> <p>12:30 Adult Coloring</p> <p>12:30 Mahjong</p>	<p>30</p> <p>10:00 Bone Builders</p> <p>12:30 Bingo</p>	<p>31</p> <p>10-11:30 Meals pick-up</p> <p>10:00 Yoga with Ilse</p> <p>11:30 Tai Chi 2</p> <p>12:30 Bingo</p> <p>1:00 Line Dancing</p>	<p>Thurs. Jan. 18, 2:30-4:00 pm: Pre-Planning for End of Life Ceremony/Service with Michelle Ready Ambrosino</p>	<p>FARM SHARE VEGGIES:</p> <p>Mondays: Jan 8 & 22</p> <p>Wednesdays: Jan 10 & 24</p>