

January 2022 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Novice Tai Chi 10:15 Art w/Camielle 11:00 Knitting/Crochet 11:30 Tech Support 12:30 Adult Coloring 12:30 Mahjongg 1:00 Inside Walking and Games	4 9:45 Balance Class 12:30 BINGO 1:00 Bone Builders	5 9:55 Yoga Workout 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	6 Free Food 10:00-11:30 9:55 Combo Yoga 10:00-11:00 Card & Board Games 11:00-12:00 Coffee and Conversation 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	7 9:30 am Board Meeting Please join us! 10:00 Novice Tai Chi 11:00 Tai Chi
10 10:00 Novice Tai Chi 11:00 Knitting/Crochet 11:30 Tech Support 12:30 Adult Coloring 12:30 Mahjongg 1:00 Inside Walking and Games	11 9:45 Balance Class 12:30 BINGO 1:00 Bone Builders	12 9:55 Yoga Workout 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	13 Free Food 10:00-11:30 9:55 Combo Yoga 10:00 Card & Board Games 11:00 Coffee and Conversation 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	14 10:00 Novice Tai Chi 11:00 Tai Chi 11:00 Peer Support Group 12:00 Caregiver Support Group
17 10:00 Novice Tai Chi 11:00 Knitting/Crochet 11:30 Tech Support 12:30 Adult Coloring 12:30 Mahjongg 1:00 Indoor Walking and Games	18 9:45 Balance Class 12:30 BINGO 1:00 Bone Builders	19 9:55 Yoga Workout 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	20 Free Food 10-11:30 9:55 Combo Yoga 10:00 Card & Board Games 11:00 Coffee and Conversation 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	21 10:00 Novice Tai Chi 11:00 Tai Chi 11:00 Peer Support Group 12:00 Caregiver Support Group
24 10:00 Novice Tai Chi 10:15 Art w/Camielle 11:00 Knitting/Crochet 12:30 Mahjongg 12:30 Adult Coloring 1:00 Indoor Walking and Games	25 9:45 Balance Class 12:30 BINGO 1:00 Bone Builders	26 9:55 Yoga Workout 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	27 Free Food 10:00-11:30 9:55 Combo Yoga 10:00 Card & Board Games 11:00 Coffee and Conversation 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	28 10:00 Novice Tai Chi 11:00 Tai Chi 11:00 Peer Supprt Group 12:00 Caregiver Support Group
31 10:00 Novice Tai Chi 11:00 Knitting/Crochet 12:30 Mahjongg 12:30 Adult Coloring 1:00 Indoor Walking and Games		JAZZERCISE Mon, Tues, Weds, Thurs, Fri, Sun 8:30am, 4:30pm Sat- 7:30am, 8:30am This is an independent program. Call Michele at 355-0487 for info.	Free Food Distribution Thursdays 10-11:30. Please bring a bag.	PROGRAM LOCATIONS: Inside/Upper Level Inside/Lower Level

January 2022 Announcements & Special Programming

Current Covid Protocols

Masks are required inside the Center **at all times**, except when eating or drinking. In order to be fully vaccinated, a third "booster" shot is required. Thank you, and stay safe!

IMPORTANT NOTES

Board Meeting: Friday,
January 7th, 9:30 am.
All are welcome.

Here's to a Healthy and
Happy New Year!!



NO Mini Meals this month.

We plan to resume meals in February, but we need volunteers to cook and serve!
Please see Andrea to volunteer.

Creativity with Camielle

January 3: Watercolor Floral Landscape

We'll use salt to create some interesting effects in this step-by-step watercolor class!

January 24: Color Mixing and Shading Part II

Together we'll create a mini painting incorporating the shading techniques we learned last month.

Who's at the Front Desk?

Monday: Michele Catella

Tuesday: Gail Moreau

Wednesday: We need a volunteer!!

Thursday: Cindy Shanks



Introducing: Gary Gillilan, Transportation Coordinator
Gary schedules trips for HCSC and CORE, drives our van, and keeps our place sparkling clean! Please let him know if you have suggestions for outings.

1, 2, 3!
Fully vaccinated means you have had both shots, and a booster!

Thank you.

Participant Advisory Council

Join us to talk about our wishes and hopes for HCSC, and to communicate these with our Board. Questions:
Martha Molpus, Board Member at Large,
(802) 652-0323.

2nd Monday of the month, 3:00.