



January Weekly Activities



Monday 8:15AM
 9:30AM
 1:00PM
 12:30PM
 9-12:00



Chair Yoga
Chair Yoga
Afternoon Art
Pinochle (Looking for new players 😊!)
Jeff Lewis BC/BS (The 4th Monday of each Month)

Tuesday 9:30AM
 10:30AM
 11-12:30
 12:30PM
 12:00PM
 12:30PM
 1:30PM
 1:30PM
 6:30PM



Resistance Band Exercise
B/P with Joyce (2nd & 4th Tuesday of each Month)
Lawyer NCOFA (1st Tuesday of Each Month)
Senior Club (1st Tuesday) **Travel Club** (4th Tuesday)
Bridge (1st Tuesday of Each Month Only)
Euchre
Book Club (3rd Tuesday of Each Month)
Technology 101 (1st Tuesday of Each Month)
Wood Carvers (6:30-8:30PM 3rd Tuesday of each Month!)

Wednesday 9:30AM
 10:30AM
 12:30PM
 12:00PM



Silver Sneakers
Larks
BINGO
Mahjongg (Looking for new players 😊!)

Thursday 8:30AM
 9:00AM
 1:00PM



Mahjongg (Looking for new players 😊!)
Wood Carvers (6:30-8:30PM 3rd Tuesday of each Month!)
Exercise with Kathy

Friday 9:00AM
 9:30AM
 12:00PM
 12-3:00PM



Quilters, Knitters, and Crochet
Chair Yoga
Trivia
Bridge (Looking for players 😊!)