

## CENTER ACTIVITIES FOR JANUARY 2019

**NEW YEARS DAY, CENTER CLOSED:** January 1st

**BINGO:** Sunday, January 6th

**PANCAKE BREAKFAST:** Sunday, January 13th, 8-11 am

**ICE CREAM SOCIAL:** Monday, January 14th, 1:30 - 2:30pm

**FOOD BANK:** Monday, January 28th, 9:30-11:30 am

**BIRTHDAY LUNCH:** Friday, January 25th, 11:45 am - 1 pm



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### Monday

Chair Aerobics

Dining Room 9-10am

### Tuesday

Chair Aerobics

Dining Room 9-10am.

Computer Help Lab

Lab open 2-4pm.

Dance Exercise Class

Dining Room 2-3pm

### Wednesday

Chair Yoga

Dining Room 9-10am.

Life Changes Group

Conference Room 10-11am.

Ukulele Group

Sunshine Room 1-2pm

### Thursday

Balance & Posture Exercise Class

Dining Room 9-10am.

Hearing Services

1st Thurs. of month. Sunshine Room; 9-12 noon Call 463-2966 for appt.

Bible Class

Lunch: 11:45, Conference Room until 1:30

Parkinson's Discussion & Support Group

Thursday Conference Room 10:30-11:45  
Contact Linda Posner at 459-1941

### FRIDAY

Chair Aerobics

Dining Room 9-10am.

Tole Painting

Sunshine Room 9-12

Bridge

Conference Room 9-12 Contact person:

Floyd & Christie Brandt 459-2519

Bingo

Pot Luck 5pm, Game 5:30