

CENTER ACTIVITIES FOR JANUARY 2020



PANCAKE BREAKFAST: Sunday, January 12th, 8 am -11 pm

ICE CREAM SOCIAL: Monday, January 12th, 1:30-2:30pm

FOOD BANK: Tuesday, January 21st, 9:30-11:00 am

BIRTHDAY LUNCH: Friday, January 31st, 11:45 am-1 pm



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
Garden Club 2n Tuesday of the month, Conference Room 1-2 pm

Wednesday

Chair Yoga Dining Room 9-10am.
Life Changes Group Conference Room 10-11am.
Ukulele Group Sunshine Room 1-2pm
Alzheimer/Dementia Caregiver Support Group 2nd Wednesday of the month, 1-3 pm, Conference Room

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