

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

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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

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

2nd Wednesday of the month, 1-3 pm, Conference Room

Support Group

### **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