

Monday	Tuesday	Wednesday	Thursday
<p>2</p> <p>Closed Happy New Year!!</p>	<p>3</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 10: 30 a.m. - Music w/Jerry Ivory 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>4</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 9 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 2:30 p.m. – Craft (Must Sign Up)</p>	<p>5</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Sign Up) 12:50 p.m. - Yoga 1 p.m. - Bingo</p>
<p>9</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. – Pot Luck Lunch (Sign Up) 6:30 p.m. – Pinochle</p>	<p>10</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>11</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 9 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo</p>	<p>12</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Sign Up) 12:50 p.m. - Yoga 1 p.m. - Bingo</p>
<p>16</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Brunch (Must Sign Up) - Chatterbug Society 6:30 p.m. – Pinochle</p>	<p>17</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>18</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 9 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 2:30 p.m. – Snack Attack (Must Sign Up)</p>	<p>19</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Sign Up) 12:50 p.m. - Yoga 1 p.m. - Bingo</p>
<p>23</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Ordered Lunch (\$3/ea.) (Must Sign Up for Lunch) 6:30 p.m. – Pinochle</p>	<p>24</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>25</p> <p>8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 9 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo</p>	<p>26</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Sign Up) 12:50 p.m. - Yoga 1 p.m. - Bingo</p>
<p>30</p> <p>8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 6:30 p.m. – Pinochle</p>	<p>31</p> <p>8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers</p>	<p>** January 21 – Senior Snowball – 2 p.m. to 6 p.m. – See Amy for Details and to Get a Ticket!! **</p>	<p>Evening Exercise: Mondays and Wednesdays 6 p.m. to 8 p.m.</p>