

MON	TUE	WED	THU	FRI
<p><b>Birthdays</b></p> <p>1/13 Charlie 1/13 Caroline 1/26 Karen F 1/29 Joel 1/31 Peggy</p>	<p><b>1</b></p> <p><b>HAPPY NEW YEAR!</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>2</b> 8:00 Coffee Time 8:30-12:00 Table Games <b>9:15 Tai Chi w/Wellesong</b> 9-12 Open Studio Art Day Painting, Coloring</p>	<p><b>3</b> 8:00 Coffee Time 8:30-12:00 Table Games <b>9:30 Exercise</b> <b>10:30 Group Trip to Steak and Shake</b></p>	<p><b>4 FUN FRIDAYS</b> 8:00 Coffee, Tea &amp; Chat 8:30-12:00 Table Games <b>10:00 Chair exercise</b> 11:00 Bingo</p>
<p><b>7</b> 8:00 Coffee Time 8:30-12:00 Table Games <b>10:00 Knitting w/ Carol &amp; Michelle</b> <b>11:00 Chair exercise</b></p>	<p><b>8</b> 8:00 Coffee Time 8:30-12:00 Table Games <b>9:20 Chair Yoga w/ Claudia</b>  11:00 Bingo</p>	<p><b>9</b> 8:00 Coffee Time 8:30-12:00 Table Games <b>9:15 Tai Chi w/Wellesong</b> 9-12 Open Studio Art Day Painting, Coloring <b>10-12 Arts and Crafts class</b></p>	<p><b>10</b> 8:00 Coffee Time 8:30-12:00 Table Games <b>9:30 Exercise</b> <b>10:30 Group Trip to Dreamland BBQ</b></p>	<p><b>11 FUN FRIDAYS</b> 8:00 Coffee, Tea &amp; Chat 8:30-12:00 Table Games <b>10:00 Chair exercise</b> 11:00 Bingo</p>
<p><b>14</b> 8:00 Coffee Time 8:30-12:00 Table Games <b>10:00 Nutrition Class</b> <b>10:00 Knitting w/ Carol &amp; Michelle</b> <b>11:00 Chair exercise</b></p>	<p><b>15</b> 8:00 Coffee Time 8:30-12:00 Table Games <b>9:20 Chair Yoga w/ Claudia</b> <b>10:00 Medical Supplies Presentation w/ Jack</b> 11:00 Bingo w/ Bob</p>	<p><b>16</b> 8:00 Coffee Time 8:30-12:00 Table Games <b>9:15 Tai Chi w/Wellesong</b> 9-12 Open Studio Art Day Painting, Coloring <b>10:00 Health Minute</b></p>	<p><b>17</b> 8:00 Coffee Time 8:30-12:00 Table Games <b>9:30 Dance Exercise</b> <b>10:00 Pie with health talk by Dietician</b> <b>11:00 Bingo</b></p>	<p><b>18 FUN FRIDAYS</b> 8:00 Coffee, Tea &amp; Chat 8:30-12:00 Table Games <b>10:00 Chair exercise</b> 11:00 Bingo</p>
<p><b>21</b></p> <p><b>CENTER CLOSED</b></p> <p><b>MARTIN L. KING JR. DAY</b></p>	<p><b>22</b> 8:00 Coffee Time 8:30-12:00 Table Games <b>9:20 Chair Yoga w/ Claudia</b> <b>10:00 Fall Prevention talk</b> 11:00 Bingo sponsored by Lynn w/ Southcare</p>	<p><b>23</b> 8:00 Coffee Time 8:30-12:00 Table Games <b>9:15 Tai Chi w/Wellesong</b> 9-12 Open Studio Art Day Painting, Coloring</p>	<p><b>24</b> 8:00 Coffee Time 8:30 Table Games <b>9:30 Exercise</b> <b>10:00 Group Trip to Olive Garden</b></p>	<p><b>25 FUN FRIDAYS</b> 8:00 Coffee, Tea &amp; Chat 8:30-12:00 Table Games <b>10:00 Chair exercise</b> 11:00 Bingo</p>
<p><b>28</b> 8:00 Coffee Time 8:30-12:00 Table Games <b>10:00 F.D. BP Checks</b> <b>10:00 Knitting w/ Carol &amp; Michelle</b> <b>11:00 Chair exercise</b></p>	<p><b>29</b> 8:00 Coffee Time 8:30-12:00 Table Games 9:00 Site Council <b>9:20 Chair Yoga w/ Claudia</b> 11:00 Bingo sponsored by Arcturus Healthcare</p>	<p><b>30</b> 8:00 Coffee Time 8:30-12:00 Table Games <b>9:15 Tai Chi w/Wellesong</b> 9-12 Open Studio Art Day Painting, Coloring</p>	<p><b>31</b> 8:00 Coffee Time 8:30-12:00 Table Games 9:00 Inspirations <b>9:30 Exercise</b> <b>10:00 Group Trip to Dollar Tree &amp; Walmart</b></p>	<p><b>NEW</b> <b>Arts and Crafts Class</b> <b>2nd Wednesday</b> <b>Every month</b> <b>Must sign up in advance</b></p>

12:00 Lunch Served Daily