

MON	TUE	WED	THU	FRI
	<b>1</b> <b>HAPPY NEW YEAR</b>  <b>HOLIDAY</b>	<b>2</b> 8:30 Coffee, Tea, Chat 9:30 Boards Games&Coloring 10 Morning Meditation 11 Exercise Ageless Grace	<b>3</b> 8:30 Coffee, Tea, Chat 9:00 Coffee, Tea, Chat,Cards 9:30 Exercise-Walking CLUB 10 Writing Your Thoughts 11 Chair Pilates	<b>4</b> 8:30 Coffee, Tea, Chat 9:30 Exercise - Walking 10 Walmart
<b>7</b> 8:30 Coffee, Tea, Chat 9:30 Cards,Table Games 10 Arts & Craft w/Leslee 11 Moving & Grooving Exercise	<b>8</b> 9:00 Cards, Table Games 9:30 Tuesday Morning Chat 10 Yoga w/Paige 11 Bingo Bob NoSide Chapel BP Check Wellstar	<b>9</b> 8:30 Coffee, Tea, Chat 9:30 Boards Games&Coloring 10 Morning Meditation 11 Exercise Ageless Grace	<b>10</b> 8:30 Coffee, Tea, Chat 9:00 Coffee, Tea, Chat,Cards 10:15 Tubro Walking 11 Bingo JK Charity Guild	<b>11</b> 8:30 Coffee, Tea, Chat 9:30 Exercise - Walking 10 DeKalb Marmers Mkt
<b>14</b> 8:30 Coffee, Tea, Chat 9:30 Cards,Table Games 10 Ed Talk-SCAM's 11 Exercise Walking	<b>15</b> 9:00 Cards, Table Games 9:30 Tuesday Morning Chat 10 Yoga w/Paige 11 \$Bingo	<b>16</b> CaringPaws-Reagan 8:30 Coffee, Tea, Chat 9:30 Boards Games&Coloring 10 Morning Meditation 11 Exercise Ageless Grace 11:30 Open Hand Nutrition	<b>17</b> 8:30 Coffee, Tea, Chat 9:00 Coffee, Tea, Chat,Cards 10 Chair Pilates 11 Vitamin D Deficiency Dr. S	<b>18</b> 8:30 Coffee, Tea, Chat 9:30 Exercise - Walking 10 Target/Ross
<b>21</b> <b>MLK Day Holiday</b> <b>CLOSED</b>	<b>22</b> BIRTHDAY CELEBRATION 9:00 Cards, Table Games 9:30 Tuesday Morning Chat 10 Yoga w/Paige 11 Bingo-BrightStar	<b>23</b> CaringPaws-Reagan 8:30 Coffee, Tea, Chat 9:30Brain Games 10 Morning Meditation 11 Exercise Ageless Grace	<b>24</b> 8:30 Coffee, Tea, Chat 9:00 Coffee, Tea, Chat,Cards 9:30 Exercise-Walking 10 Balance Building-Kaiser 11 Healthy Sexuality-EdTalk	<b>25</b> 8:30 Coffee, Tea, Chat 9:30 Exercise - Walking 10 Kohl's Milton & Lunch BobbyG's \$
<b>28</b> Sandy Spring Visit 8:30 Coffee, Tea, Chat 9:30 Cards,Table Games 10 Art w/Leslee 11Exercise-walking	<b>29</b> 8:30 Coffee, Tea & Chat 9:00 Cards, Table Games 10 Yoga w/Paige 11 Bingo	<b>30</b> 8:30 Coffee, Tea, Chat 9 Brain Games 10 Morning Meditation 11 Exercise Ageless Grace	<b>31</b> 8:30 Coffee, Tea, Chat 9:00 Coffee, Tea, Chat,Cards 9:30 Brain Games 10:15 Turbo Walking 11 Site Council Meeting	

12:00 Lunch Served Daily