

JANUARY 2025 ACTIVITIES

MON	TUE	WED	THU	FRI
<p>(OS): Off-Site via Zoom</p>		<p>1. Center is Closed</p>	<p>2. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games NO Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games NO Q&A/Tech Help 4:30 Zumba</p>	<p>3. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Cards/Games</p>
<p>6. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 7:00pm Medicare 101</p>	<p>7. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Weight Wise Plus 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>8. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch 12:45 Bingo w/ ABC (Always Best Care) 2-3 Q&A/Tech Help</p>	<p>9. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>10. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Cards/Games</p>
<p>13. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games NO Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games NO Q&A/Tech Help</p>	<p>14. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games NO Q&A/Tech Help 11:50 Lunch 12:45 Weight Wise Plus NO Q&A/Tech Help 4:30 Zumba</p>	<p>15. Birthday Party 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure NO Q&A/Tech Help 10-12 Constituent Outreach 10-12 Edward Jones Advisor 11:45 Lunch 12:45 Entertainment: "Elvis" NO Q&A/Tech Help</p>	<p>16. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games NO Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games NO Q&A/Tech Help 4:30 Zumba</p>	<p>17. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Cards/Games</p>
<p>20. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games NO Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games NO Q&A/Tech Help </p>	<p>21. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games NO Q&A/Tech Help 11:50 Lunch 12:45 Weight Wise Plus NO Q&A/Tech Help 3pm Board of Directors Meeting 4:30 Zumba</p>	<p>22. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>23. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>24. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Cards/Games</p>
<p>27. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help</p>	<p>28. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Weight Wise Plus 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>29. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>30. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba</p>	<p>31. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Cards/Games</p>