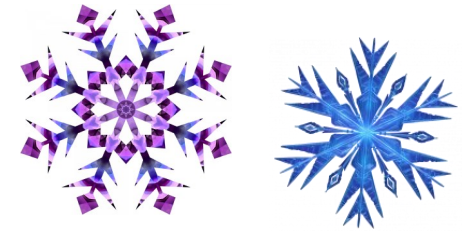


January 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					*Zoom on Fridays only	1 CLOSED HAPPY NEW YEAR!
2 CLOSED	3 Chair Yoga @10:30am Music Appreciation @ 1pm	4 Creative Writing @10:30am *No Afternoon Program	5 Painting– Winter Landscape @10:30am Meditation @1pm	6 Chair Aerobics @ 10:30 Coffee Group @ 1pm	7 Member Mtg @ 9:30 a.m. Music Appreciation Zoom @ 10:30am Documentary– Devout & Out @ 1pm CLOSED @ 3PM	8 CLOSED
9 CLOSED	10 Chair Aerobics @10:30am Crochet Group with Lisa @1pm	11 Self-care– <u>How to keep a conversation going</u> @ 10:30am Games @1pm	12 American Sign Language (ASL) @ 10:30am Music Appreciation @1pm	13 Chair Yoga @10:30am Women’s Group– menopause discussion @1pm	14 Cooking– puffed wheat @10:30am (zoom) Movie @1pm	15 CLOSED
16 CLOSED	17 Chair Yoga @10:30am Coffee Group @ 1pm	18 Men’s Group with Dylan @ 10:30am American Sign Language (ASL) @ 1pm	19 Art– Clay @ 10:30am Self-care– <u>How to deal with negative people</u> @1pm	20 “Just Dance” Dance Party @ 10:30am BINGO @ 1pm	21 Creative Writing @ 10:30am (zoom) Documentary– Devout & Out @ 1pm	22 CLOSED
23 CLOSED	24 Chair Aerobics @ 10:30 Meditation @1pm	25 Social Program Mtg @10:30am (zoom & in-person) *NO AFTERNOON PROGRAM	26 Nutrition talk with Terene @ 10:30am Creative writing @ 1pm	27 Chair Yoga @10:30am Name that Tune @ 1pm	28 Goal Planning Accountability Group @ 10:30 (zoom) Movie @1pm	29 CLOSED
	31 Chair Yoga @ 10:30am Crochet Group with Lisa @ 1pm					

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