





## ALTOONA JANUARY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>CLOSED FOR NEW YEARS!</b>	<b>2</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime  <b>Instructed Exercise:</b> 10:15-10:45 (Main level with	<b>3</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime  <div> FOOT NURSE  </div>	<b>4</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime  <b>Instructed Exercise:</b> 10:15-10:45 (Main level with	<b>5</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime   
<b>8</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime	<b>9</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime  <b>Instructed Exercise:</b> 10:15-10:45 (Main level with the Campus)	<b>10</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime  <i>Chair volleyball: 10:15 (Main level with the Campus)</i>	<b>11</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime  <b>Instructed Exercise:</b> 10:15-10:45 (Main level with the Campus)	<b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime  
<b>15</b> <b>CLOSED FOR MLK DAY</b>	<b>16</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime  <b>Instructed Exercise:</b> 10:15-10:45 (Main level with the Campus) 	<b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime  <i>Chair volleyball: 10:15 (Main level with the Campus)</i>	<b>18</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime  <b>Instructed Exercise:</b> 10:15-10:45 (Main level with the Campus)	<b>19</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime   <b>BLOOD PRESSURE</b> 
<b>22</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime	<b>23</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime  <b>Instructed Exercise:</b> 10:15-10:45 (Main level with the Campus)	<b>24</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime  <i>Chair volleyball: 10:15 (Main level with the Campus)</i>	<b>25</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime  <b>Instructed Exercise:</b> 10:15-10:45 (Main level with the Campus)	<b>26</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime   
<b>29</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime	<b>30</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime  <b>Instructed Exercise:</b> 10:15-10:45 (Main level with the Campus))	<b>31</b> <b>11:00-12:00 Lunch</b> Cards, Canasta, Puzzle, Wii- Anytime  <i>Chair volleyball: 10:15 (Main level with the Campus)</i>	 	<b>ALTOONA SENIOR CENTER</b> 6615 NE 41 <sup>ST</sup> AVE ALTOONA, IA 50009 515-967-6412 NATALIE OLSON SITE CORRINATOR M-F: 9:00-3:00

BINGO STARTS APROXIMATELY 11:30 ON FRIDAYS