

January 2024

All activities subject to change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 1 CLOSED | 2 9:00 LSI 11am Tai Chi 11 LUNCH 1pm BRIDGE | 3 11:00 LIVE 2B HEALTHY 11:00 LUNCH | 4 9:00 LSI 11:00 LUNCH 11am CHAIR YOGA | 5 11:00 LIVE 2B HEALTHY 11:00 LUNCH 1-3:30 Cards |
| 8 11:00 LIVE 2B HEALTHY 11:00 LUNCH 12:00 BINGO 1-3:30 Cards | 9 9:00 LSI 11am Tai Chi 11 LUNCH 1pm BRIDGE | 10 11:00 LIVE 2B HEALTHY 11:00 LUNCH Fresh conversations 12:00 | 11 8:00 FOOT CLINIC 9:00 LSI 11:00 LUNCH 11am CHAIR YOGA | 12 11:00 LIVE 2B HEALTHY 11:00 LUNCH 1-3:30 Cards |
| 15 CLOSED | 16 9:00 LSI 11am Tai Chi 11 LUNCH 1pm BRIDGE | 17 11:00 LIVE 2B HEALTHY 11:00 LUNCH 12:20 Crafts | 18 9:00 LSI 11:00 LUNCH 11am CHAIR YOGA | 19 11:00 LIVE 2B HEALTHY 11:00 LUNCH 1-3:30 Cards 12:20 Crafts |
| 22 11:00 LIVE 2B HEALTHY 11:00 LUNCH 1-3:30 Cards 12:00 Bingo | 23 9:00 LSI 11am Tai Chi 11 LUNCH 1pm BRIDGE | 24 11:00 LIVE 2B HEALTHY 11:00 LUNCH 12:20 Crafts | 25 9:00 LSI 11:00 LUNCH 11am CHAIR YOGA | 26 11:00 LIVE 2B HEALTHY 11:00 LUNCH 1-3:30 Cards 12:20 Crafts |
| 29 11:00 LIVE 2B HEALTHY 11:00 LUNCH 1-3:30 Cards | 30 9:00 LSI 11am Tai Chi 11 LUNCH 1pm BRIDGE | 31 11:00 LIVE 2B HEALTHY 11:00 LUNCH | Pool tables/Computer lab/Exercise equipment Available 8:30-4:30 M-F | Contact Matt Or Samantha if you have any questions! <u>515-286-3677</u> Must call day ahead by 1pm for meal Reservation! |