



*For special programs, priority is given to regular lunch participants.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Highlights *NEW TIME Line Dancing on Wednesdays starts at 10:30 a.m. Wednesday, January 7 Lunch with the Law Wednesday, January 14 New Year's Party Lunch Thursday, January 15 Art for All Ages			Happy New Year	CLOSED
				
5	6	7	8	9
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Puzzle Club	10:30 Line Dancing w/Helen* 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ *Lunch with the Law  12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks 1:00 AlzOC Caregiver Support
12	13	14	15	16
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Puzzle Club	10:30 Line Dancing w/Helen* 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ New Year's Party w/ Entertainer Greg Wideen 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 10:00 Art for All Ages (RSVP) Sponsor: M. Lemus MyMedicarePlan 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks
19	20	21	22	23
CLOSED in observance of MLK Jr. Day	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Puzzle Club	Line Dancing w/Helen* 10:30 Line Dancing w/Helen* 10:00 Coffee, Donuts & Medicare with Michael Lemus 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks
26	27	28	29	30
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Puzzle Club	10:30 Line Dancing w/Helen* 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:20 Monthly Birthday Party Sponsored by RSM Cares 12:45 Friday Flicks