

JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CENTER CLOSED	9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	9:00 Chair Yoga/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:00 Pickleball 11:00 Reminiscence Grp 12:30 Table Tennis 1:00 Nifty Knitters	10:00 Pickleball 10:00 Exp. Bridge 10:00 Watercolor Class 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	9:00 Balance, Flex & Stretch –INT 10:00 Men's Bsktball 10:00 Self Discovery Grp 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis
9	10	11	12	13
10:00 Men's Bskball 10:00 Canasta Lessons 11:00 Bingo 12:00 Protecting Your Wealth from Healthcare Costs 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	9:00 Chair Yoga/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis 1:00 Nifty Knitters 1:00 The Life & Music of Elvis Presley	10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Class 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	9:00 Balance, Flex & Stretch –INT 10:00 Men's Bsktball 10:00 Self Discovery Grp 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis 12:30 Golden Classic Movie
16	17	18	19	20
10:00 Men's Bskball 10:00 Canasta Lessons 10:30 Bagel Breakfast 11:00 Celebrating the Life of MLK 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 12:45 Play Reading 1:00 Women's Circle	9:00 Chair Yoga/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:00 Pickleball 10:00 Canvas Painting 11:30 Balance Focus Presentation & Lunch 12:30 Table Tennis 1:00 Nifty Knitters	10:00 Pickleball 10:00 Exp. Bridge 10:00 Watercolor Class 11:00 Pet Therapy 11:45 BP Screening 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie 3:15 Tech Support	9:00 Balance, Flex & Stretch –INT 10:00 Men's Bsktball 10:00 Self Discovery 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:00 Pokeno & Bagels 12:30 Table Tennis
23	24	25	26	27
10:00 Men's Bskball 10:00 Canasta Lessons 11:30 New Member Social & Live Entertainment 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 12:45 Fiction Book Group 1:00 Women's Circle	9:00 Chair Yoga/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:00 Pickleball 12:00 Chinese Take-Out Lunch 12:30 Table Tennis 1:00 Nifty Knitters	10:00 Pickleball 10:00 Dup. Lite 12:00 Jan. Birthdays 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	9:00 Balance, Flex & Stretch –INT 10:00 Men's Bsktball 10:00 Self Discovery 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis 1:00 NF Book Group
30	31			
10:00 Men's Bskball 10:00 Canasta Lessons 11:00 Bingo 12:00 Pizza Party 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle			

Key:
Red = one-time event
Blue Bold = new session for a continuing program or recurring once-a-month event