

# January 2019 Calendar of Events

| Sun       | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Sat       |
|-----------|---|--|---|--|---|-----------|
|           |   | <b>1</b><br><b>Center Closed</b><br><br><b>Happy New Year!</b><br><br>  | <b>2</b><br><b>Yoga</b> 8:30-9:45<br><b>Better Balance</b> 10-11<br><b>Lunch</b> 12:00<br><br><b>SUN 73</b> 5:15- 5:45<br><b>Yang 24 Tai Chi</b> –<br>5:45-6:45   | <b>3</b><br><b>Bone Builders</b><br>9:30-10:30<br><b>Tai Chi Practice</b><br>10:45-11:30<br><b>Beginner Tai Chi</b><br>1:15-2:00<br><br><b>Ukulele Club</b> 6:30 -9  | <b>4</b><br><b>Coffee Hour</b><br>9:00-11:00<br><b>Better Balance</b><br>10:00-11:00<br><b>Mah Jong</b><br>9:30-12:00<br><b>Game Day</b> 12-2:30<br><br><b>Ballroom Dance</b><br>7:30-8:30  | <b>5</b>  |
| <b>6</b>  | <b>7</b><br><b>Better Balance</b><br><b>10-11</b><br><br><b>Lunch</b> 12:00<br><b>Bridge</b> 1-4<br><b>Sewing Circle</b> 1-3<br><b>Dance for Health</b><br>4-5                          | <b>8</b><br><b>Bone Builders</b><br>9:30-10:30<br><b>Circuit Works</b><br>10:45-11:45<br><b>Line Dance</b> 12-1<br><b>Lunch</b> 12:00<br><b>Dominoes</b> 1 :00<br><b>Tai Chi Practice</b><br>1:30-3<br><b>Creative Writing</b><br>3:00-4:30<br><b>Quit Smoking</b> 5-6                         | <b>9</b><br><b>Yoga</b> 8:30-9:45<br><b>Better Balance</b> 10-11<br><b>Lunch</b> 12:00<br><b>VT Comforts of Home</b><br>1:00<br><br><b>SUN 73</b> 5:15- 5:45<br><b>Yang 24 Tai Chi</b> –<br>5:45-6:45   | <b>10</b><br><b>Bone Builders</b><br>9:30-10:30<br><b>Tai Chi Practice</b><br>10:45-11:30<br><b>Cell Phone Workshop</b><br>1:00-3:00<br><b>Beginner Tai Chi</b><br>1:15-2:00   | <b>11</b><br><b>Coffee Hour</b><br>9:00-11:00<br><b>Better Balance</b><br>10:00-11:00<br><b>Mah Jong</b><br>9:30-12:00<br><b>Scrabble</b> 11:00<br><br><b>Ballroom Dance</b><br>7:30-8:30   | <b>12</b> |
| <b>13</b> | <b>14</b><br><b>Better Balance</b><br><b>10-11</b><br><b>10-11:30</b><br><br><b>Lunch</b> 12:00<br><br><b>Bridge</b> 1-4<br><b>Sewing Circle</b> 1-3<br><b>Dance for Health</b><br>4-5  | <b>15</b><br><b>Bone Builders</b><br>9:30-10:30<br><b>Circuit Works</b><br>10:45-11:45<br><b>Lunch</b> 12:00<br><b>BINGO BLAST!</b><br>12:30<br><b>Line Dance</b> 12-1<br><b>Dominoes</b> 1 :00<br><b>Tai Chi Prac.</b> 1:30-3<br><b>Creative Writing</b><br>3-4:30<br><b>Quit Smoking</b> 5-6 | <b>16</b><br><b>Yoga</b> 8:30-9:45<br><b>Better Balance</b> 10-11<br><b>Lunch</b> 12:00<br><br><b>Great Courses</b><br><b>Am. Civil War</b><br><b>1:30-3:00</b><br><br><b>SUN 73</b> 5:15- 5:45<br><b>Yang 24 Tai Chi</b> –<br>5:45-6:45  | <b>17</b><br><b>Bone Builders</b><br>9:30-10:30<br><b>Tai Chi Practice</b><br>10:45-11:30<br><br><b>Sea Glass &amp; Silver</b><br><b>Jewelry Workshop</b><br><b>1:00-2:30</b><br><br><b>Beg. Tai Chi</b> 1:15-2:00<br><b>Ukulele Club</b> 6:00 -8:30 | <b>18</b><br><b>Coffee Hour</b><br>9:00-11:00<br><b>Better Balance</b><br>10:00-11:00<br><b>Mah Jong</b><br>9:30-12:00<br><b>Scrabble</b> 11:00<br><b>Genealogy</b> 1:00<br><br><b>Ballroom Dance</b><br>7:30-8:30  | <b>19</b> |
| <b>20</b> | <b>21</b><br><b>Better Balance</b><br><b>10-11</b><br><b>SASH</b><br>11:00<br><b>Lunch</b> 12:00<br><br><b>Bridge</b> 1-4<br><b>Sewing Circle</b> 1-3<br><b>Dance for Health</b><br>4-5 | <b>22</b><br><b>Bone Builders</b><br>9:30-10:30<br><b>Circuit Works</b><br>10:45-11:45<br><b>Lunch</b> 12:00<br><b>Line Dance</b> 12-1<br><b>Dominoes</b> 1 :00<br><b>Tai Chi Prac.</b> 1:30-3<br><b>Creative Writing</b><br>3-4:30<br><b>Quit Smoking</b> 5-6                                 | <b>23</b><br><b>Yoga</b> 8:30-9:45<br><b>Better Balance</b><br>10-11<br><b>BirthDay Lunch</b> 12:00<br><b>Blood Pressure Check</b><br><b>Great Courses</b><br><b>Am. Civil War</b><br><b>1:30-3:00</b><br><br><b>SUN 73</b> 5:15- 5:45<br><b>Yang 24 Tai Chi</b> –<br>5:45-6:45 | <b>24</b><br><b>Bone Builders</b><br>9:30-10:30<br><b>Tai Chi Practice</b><br>10:45-11:30<br><br><b>Beginner Tai Chi</b><br>1:15-2:00  | <b>25</b><br><b>Coffee Hour</b><br>9:00-11:00<br><b>Java &amp; Jazz</b><br><b>“Name That Tune”</b><br>11:00-11:45<br><br><b>Better Balance</b><br>10:00-11:00<br><b>Mah Jong</b><br>9:30-12:00<br><b>Scrabble</b> 11:00<br><b>Ballroom Dance</b><br>7:30-8:30 | <b>26</b> |
| <b>27</b> | <b>28</b><br><b>Better Balance</b><br><b>10-11</b><br><b>Lunch</b> 12:00<br><br><b>Bridge</b> 1-4<br><b>Sewing Circle</b> 1-3<br><b>Dance for Health</b><br>4-5                         | <b>29</b><br><b>Bone Builders</b><br>9:30-10:30<br><b>Circuit Works</b><br>10:45-11:45<br><b>Lunch</b> 12:00<br><b>Line Dance</b> 12-1<br><b>Dominoes</b> 1 :00<br><b>Tai Chi Prac.</b> 1:30-3<br><b>Creative Writing</b><br>3-4:30<br><b>Quit Smoking</b> 5-6                                 | <b>30</b><br><b>Yoga</b> 8:30-9:45<br><b>Better Balance</b> 10-11<br><b>Lunch</b> 12:00<br><b>Great Courses</b><br><b>Am. Civil War</b><br><b>1:30-3:00</b><br><br><b>SUN 73</b> 5:15- 5:45<br><b>Yang 24 Tai Chi</b> –<br>5:45-6:45  | <b>31</b><br><b>Bone Builders</b><br>9:30-10:30<br><b>Tai Chi Practice</b><br>10:45-11:30<br><br><b>Beginner Tai Chi</b><br>1:15-2:00  |   |           |