




January 2022 Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3 No in-person programs Dinner to Go	4 No in-person programs	5 No in-person programs Dinner to Go	6 No in-person programs	7 No in-person programs	8
9	10 9:00 Tai Chi Fall Prev. 10:30 Better Balance 12:00 Dinner 1:00 Bridge	11 9:00 Bone Builders 10:30 Tai Chi Practice 1:15 SUN 73 Tai Chi 3:00 Creative Writing	12 10:30 Better Balance 12:00 Dinner 1:30 Great Courses Skeptics Guide to American History- Zoom	13 9:00 Bone Builders 10:30 Qigong/Tai Chi 1:00 AARP Identity Theft Program 1:15 SUN 73 Tai Chi	14 9:00-11 Coffee Hour 10:30 Better Balance	15
16	17  CENTER CLOSED	18 9:00 Bone Builders 10:30 Tai Chi Practice 1:15 SUN 73 Tai Chi 3:00 Creative Writing	19 10:30 Better Balance 12:00 BIRTHDAY DINNER TO GO 1:30 Great Courses Skeptics Guide to American History- Zoom	20 9:00 Bone Builders 10:30 Qigong/Tai Chi 1:15 SUN 73 Tai Chi RAVNAH FOOT CLINIC by appointment 6:00 Ukulele	21 9:00-11 Coffee Hour 10:30 Better Balance	22
23	24 9:00 Tai Chi Fall Prev. 10:30 Better Balance 12:00 Dinner 1:00 Bridge	25 9:00 Bone Builders 10:30 Tai Chi Practice 1:15 SUN 73 Tai Chi 3:00 Creative Writing	26 10:30 Better Balance 12:00 Dinner 1:30 Great Courses Skeptics Guide to American History- Zoom	27 9:00 Bone Builders 10:30 Qigong/Tai Chi 1:15 SUN 73 Tai Chi	28 9:00-11 Coffee Hour 10:30 Better Balance	29
30	31 9:00 Tai Chi Fall Prev. 10:30 Better Balance 12:00 Dinner 1:00 Bridge					

Refer to the program descriptions for details