



# January Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 Happy New Year	2 <b>CLOSED</b>	3 9:00 Bone Builders 9:30 Painting Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing  7:30 WAA	4 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner	5 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi  6:00 Ukulele	6 9:00-11 Coffee Hour 10:30 Better Balance	7
8  7:30 AA	9 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner	10 9:00 Bone Builders 9:30 Painting Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing  7:30 WAA	11 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 11:30 SASH Blood Pressure Screening  12:00 BIRTHDAY DINNER	12 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi	13 9:00-11 Coffee Hour 10:30 Better Balance	14
15  7:30 AA	16 <b>CLOSED FOR MARTIN LUTHER KING DAY</b>	17 9:00 Bone Builders 9:30 Painting Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing  7:30 WAA	18 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner	19 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:00-3:00 FOOT CLINIC 1:15 SUN 73 Tai Chi  6:00 Ukulele	20 9:00-11 Coffee Hour 10:30 Better Balance	21
22  7:30 AA	23 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 3:00 Book Club	24 9:00 Bone Builders 9:30 Painting Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing  7:30 WAA	25 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner	26 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi 2:00 Golden Years Discussion	27 9:00-11 Coffee Hour 10:30 Better Balance 2:00 Lunar New Year Celebration	28
29  7:30 AA	30 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner	31 9:00 Bone Builders 9:30 Painting Guild 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing  7:30 WAA				

*Refer to the program descriptions for details*