

# January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 9:00 am - 10:45 am Pickleball Open Play 9:00 am - 11:30 am RSVP Blanket Makers 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi for Arthritis and Fall	3 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention - Skills Session 12:00 pm - 1:00 pm Dementia Family Sup	4 1:00 pm - 3:30 pm Diabetes Self- Management Workshop (Virtual) 2:30 pm - 3:30 pm Game Day Trivia-VIRTUAL	5	6	7
8 9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced	9 9:00 am - 12:00 pm AARP Smart Driver Course 9:00 am - 10:45 am Pickleball Open Play 9:00 am - 11:30 am RSVP Blanket Makers 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi for Arthritis and Fall	10 9:00 am - 12:00 pm AARP Smart Driver Course 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention - Skills Session	11 10:00 am - 11:00 am Chair Fitness 1:00 pm - 3:30 pm Diabetes Self- Management Workshop (Virtual) 2:30 pm - 3:30 pm Game Day BINGO-Virtual	12	13	14
15	16 8:00 am - 5:00 pm Game Day 9:00 am - 10:45 am Pickleball Open Play 9:00 am - 11:30 am RSVP Blanket Makers 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi for Arthritis and Fall	17 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention - Skills Session	18 9:00 am - 10:00 am Dementia Friends Online Sessions 10:00 am - 11:00 am Chair Fitness 1:00 pm - 3:30 pm Diabetes Self- Management Workshop (Virtual)	19	20	21
22 9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops 11:00 am - 12:00 pm Line Dancing Class- Advanced	23 9:00 am - 10:45 am Pickleball Open Play 9:00 am - 11:30 am RSVP Blanket Makers 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi for Arthritis and Fall	24 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention - Skills Session	25 10:00 am - 11:00 am Chair Fitness 10:00 am - 12:00 pm "A Better Way Grocers" Mobile Grocery Truck 1:00 pm - 3:30 pm Diabetes Self- Management Workshop (Virtual)	26	27	28
29 9:00 am - 11:30 am RSVP Garden Club 9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Aging Mastery Program Workshops 11:00 am - 12:00 pm Line Dancing Class- Advanced	30 9:00 am - 10:45 am Pickleball Open Play 9:00 am - 11:30 am RSVP Blanket Makers 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 11:00 am - 12:00 pm Senior Stretch & Yoga 1:30 pm - 2:30 pm Virtual Tai Chi for Arthritis and Fall	31 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention - Skills Session				