

Daily Activities

Monday

Library & Computer Lab	9:00am-1:00 pm
Lunch (except Jan. 2 nd & 16 th)	11:30am-1:00 pm
Ping Pong (except Jan. 2 nd & 16 th)	3:00-4:00 pm

Tuesday

Library & Computer Lab	9:00am-1:00 pm
S.A.I.L	9:00am-10:00 pm
Lunch	11:30am-1:00 pm
Bingo	1:30-2:30 pm

Wednesday

Library & Computer Lab	9:00-1:00 pm
Lunch	11:30am-1:00 pm
Intermediate Line Dancing with Sue	2:15-4:00 pm

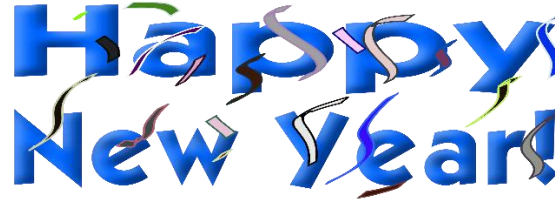
Thursday

Library & Computer Lab	9:00am-1:00 pm
S.A.I.L	9:00am-10:00 pm
Drive thru Distribution	11:30am-12:15 pm
Chair Yoga	2:00-3:00pm

Please bring a yoga mat if you have one.

Friday

Chi Gong & Sun Style Tai Chi for arthritis
10:00-11:00am



January 2023 Special Events

Jan. 18 th	Commodities	10:00-11:30am
Jan. 31 st	Stamp Club	6:00-9:00pm

All Humboldt Senior Resource Center Programs will be closed Jan. 2nd in Celebration of New Year's Day and Jan 16th in honor of Martin Luther King Jr. Day

Come join us for lunch

Mon	Tues	Wed
2 nd Closed New Year's Observance	3rd Soup & Sandwich	4th BBQ Pork Rib
9th Meat Lasagna	10th Chinese Chicken Salad	11th Clam Chowder
16th Closed Martin Luther King, Jr. Day	17th Stuffed Baked Potato	18th Chef's Salad
23rd Shepherd's Pie	24th Chicken Cacciatore & Polenta	25th Apple Pancakes Bake
30th Chicken Fried Steak	31st Stuffed Cabbage	

Starting Soon

Tai Chi for Better Balance

Cribbage

Call our Senior Service Office for more information
707-443-9747 ext. 1241

