

January Activities

Monday

Library & Computer Lab 9:00am-1:00 pm

Lunch 11:30am – 12:30pm

Chi Gong 2:00-3:00pm

Ping Pong 3:00-4:00pm

Tuesday

Library & Computer Lab 9:00am-1:00 pm

Lunch 11:30am – 12:30pm

Bingo 1:30-2:30pm

Ping Pong 3:00-4:00pm

Wednesday

Library & Computer Lab 9:00am-1:00 pm

Qi Gong 9:30am-10:30am

Lunch 11:30am – 12:30pm

Cribbage 1:30-2:30pm

Intermediate Line Dancing 2:15-4:00pm

Thursday

Library & Computer Lab 1st & 3rd
9:00am-1:00 pm

Library & Computer Lab 2nd & 4th 12:00-1:00pm

Lunch 11:30am – 12:30pm

Martial arts for seniors 2:15-3:15pm

Friday

Library & Computer Lab 9:00am-1:00 pm

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

Heritage Café Connection & Carry Out
11:30am-12:15pm

Board/Card Games 1:00-3:30pm

January Activities

Jan. 1st Closed

Jan 2nd Holiday meal

Jan 11th Caregiver Support Group 9:30-11:30 am

Jan 15th Closed

Jan 18th Commodities Distribution 10:00 -11:30 am

Jan. 23rd 6:00-9:00pm

Jan 25th Caregiver Support Group 9:30-11:30am

Jan. 25 Birthday Celebration 11:30-12:30pm

Mon	Tues	Wed	Thurs
1 Closed	2 Chicken Cordon Blue New Years Meal!!!	3 Soup & Sandwich	4 Cheese Stuffed Manicotti
8 Tuna Casserole	9 Chinese Chicken Salad	10 Clam Chowder	11 Meat Lasagna
15 Closed	16 Stuffed Baked Potato	17 Chef Salad	18 Pot Roast
22 Shepards Pie	23 Chicken Cacciatore	24 Apple Pancakes	25 Beef Stroganoff w/ Egg Noodles
29 Chicken Fried Steak	30 Stuffed Cabbage	31 Meatloaf	

