



2019 January	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>REMINDERS</b></p> <p>County Lunch and Van Reservations must be made 24 hours in advance by NOON and are only available on weekdays. New participants must fill weekdays. New participants must fill Suggested Donation for Lunch-\$1.25</p> <p><b>BINGO</b></p> <p>Monday -Thursday 10:00 11:15</p> <p><b>BINGO CANCELLED Jan. 31</b></p> <p><b>WISH LIST</b></p> <p>Coffee Cups Cookies Paper Cups Paper Towels</p> <p><b>PLEASE NOTE THAT ALL CLASSES, PROGRAMS, AND EVENTS ARE SUBJECT TO CHANGE AND CANCELLATION.</b></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>HOURS</b> Monday - Friday 8am - 4pm Saturday 9am - 1pm</p> </div>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	
		CLOSED	9:00 Tai Chi - Hasmig 11:30 Tuna Salad 12:15 Chair Yoga-Mary 12:30 Rummikub 1:00 Scrabble/MahJong 1:30 Arts & Crafts	8:45 Exercise/Steve 9:45 Exercise/Steve 11:00 Meditation 11:30 Roast Beef 12:30 Rummikub 1:00 Rummy/Cards	9:00 Tone&Strength Ex 11:30 Italian Meatballs 12:30 Rummikub 1:00 Social Bridge 1:00 Movie Matinee	Wellness Program Tai Chi 9:30 Move & Groove 10:00 Light Breakfast 10:30 Brain Games 11:00 Game Hour 11:30	
		<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
		8:30 Yoga Mat Class 10:00 Aerobics-Mary 11:30 Salisbury Steak 12:15 Tai Chi-Hasmig 12:30 Mah Jong 1:00 Social Bridge	9:00 Chair Yoga-Lynn 11:30 Chicken Milanese 1:00 Game Time 2:00 Shuffleboard  <i>Madison Spine</i>	9:00 Tai Chi - Hasmig 11:30 Lemon Pepper Fish 12:15 Chair Yoga-Mary 12:30 Rummikub 1:00 Scrabble/MahJong 1:30 Arts & Crafts  <i>Senior Tech</i>	8:45 Exercise/Steve 9:45 Exercise/Steve 11:00 Meditation 11:30 Veggie Lasagna 12:30 Rummikub 1:00 Rummy/Cards	9:00 Tai Chi-Hasmig 11:30 Roast Pork/Gravy 12:30 Rummikub 1:00 Social Bridge 1:00 Movie Matinee	Wellness Program Tai Chi 9:30 Move & Groove 10:00 Light Breakfast 10:30 Brain Games 11:00 Game Hour 11:30
		<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
		8:30 Yoga Mat Class 10:00 Aerobics-Mary 11:30 Turkey Burger 12:15 Tai Chi-Hasmig 12:30 Mah Jong 1:00 Social Bridge	9:00 Chair Yoga-Lynn 11:30 Breaded Fish 12:15 Zumba-Saloney 1:00 Game Time 1:30 Painting Class 2:00 Shuffleboard  <i>Hernia Program</i>	9:00 Tai Chi - Hasmig 11:30 Meatloaf/Gravy 12:15 Chair Yoga-Mary 12:30 Rummikub 1:00 Scrabble/MahJong 1:30 Arts & Crafts	8:45 Exercise/Steve 9:45 Exercise/Steve 11:00 Meditation 11:30 Eggplant Rollatini 12:30 Rummikub 1:00 Rummy/Cards	9:00 Tai Chi-Hasmig 10:00 Tone&Strength Ex 11:30 Chicken Cordon Bleu 12:30 Rummikub 1:00 Movie Matinee 1:00 Social Bridge	CLOSED
		<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
		CLOSED	9:00 Chair Yoga-Lynn 11:30 Italian Pork Sausage 12:15 Zumba-Saloney 1:00 Game Time 1:30 Painting Class 2:00 Shuffleboard  <i>ACT NOW</i>	9:00 Tai Chi - Hasmig 11:30 Roast Turkey/Gravy 12:15 Chair Yoga-Mary 12:30 Rummikub 1:00 Scrabble/MahJong 1:30 Arts & Crafts  <i>Cerebral Gymnastics</i>	8:45 Exercise/Steve 9:45 Exercise/Steve 11:00 Meditation 11:30 Lemon Chicken 12:30 Rummikub 1:00 Rummy/Cards	9:00 Tai Chi-Hasmig 11:30 Baked Cod Filet 12:30 Rummikub 1:00 Social Bridge 1:00 Movie Matinee	Wellness Program  Tai Chi 9:30 Move & Groove 10:00 Light Breakfast 10:30 Brain Games 11:00 Game Hour 11:30
		<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
		8:30 Yoga Mat Class 10:00 Aerobics-Mary 11:30 Breaded Pollack 12:15 Tai Chi-Hasmig 12:30 Mah Jong 1:00 Social Bridge	9:00 Chair Yoga-Lynn 11:30 BBQ Beef Rib 12:15 Zumba-Saloney 1:00 Game time 1:30 Painting Class 2:00 Shuffleboard  <i>Keller Williams</i>	9:00 Tai Chi - Hasmig 11:30 Chicken Piccata 12:15 Chair Yoga-Mary 12:30 Rummikub 1:00 Scrabble/MahJong 1:30 Arts & Crafts  <i>Golden Key</i>	8:45 Exercise/Steve 9:45 Exercise/Steve 11:00 Meditation 11:30 Swedish Meatballs 12:30 Rummikub 1:00 Rummy/Cards  <i>Registration Day</i>		