

January 2022 Program Calendar

Programs shown were scheduled at the time of printing. **In-Person classes are noted in black.** **Virtual Classes are noted in green.** You must make an appointment for haircuts and register for Grab & Go Lunches and all Virtual Classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00-12:00 Reflexology (by appointment only) 9:15 Tai Chi (\$3) 11:30-12:15 Grab and Go Lunch 12:30pm Mindful Meditation 1:00pm Bingo for Bucks 1:30pm Art Class (\$3)	4 9:00-11:00 Haircuts (by Appointment only) 9:30 Group Trivia 10:00 Stamp Club 10:30 "The Book of Me" with Anne Kelly, MA, NCC 11:30-12:15 Grab and Go Lunch 1:00pm YoHa	5 9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 11:30-12:15 Grab and Go Lunch 2:00pm Grief Support 1:00pm Medicare Counseling (by appt. only)	6 9:00 Wood Carving 10:30 YoHa 11:30-12:15 Grab and Go Lunch 12:30 Help Yourself to Healthy Living: Medication Safety 1:00pm Bridge	7 9:00 Walking and Weights (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Movie Matinee
10 9:00-12:00 Reflexology (by appointment only) 9:15 Tai Chi (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Bingo for Bucks 12:30pm Mindful Meditation 1:30pm Art Class (\$3) 2:00pm ShotRite Presents: Nutrition for a Healthy Immune System	11 9:30 Group Trivia 10:30 Storytime with Josephine 11:30-12:15 Grab and Go Lunch 1:00pm YoHa 1:30pm Zumba Gold (\$3)	12 9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 10:30 Writer's Club 11:30-12:15 Grab and Go Lunch 2:00pm Grief Support 5:45pm Zumba Gold (\$3)	13 9:00 Wood Carving 10:30 Tech Tutoring 10:30 YoHa 11:30-12:15 Grab and Go Lunch 1:00pm Bridge 1:30pm Tone & Balance (\$3)	14 9:00 Walking and Weights (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Cooking Class with Chef Cindie: Sunshine on Your Plate 1:00pm Movie Matinee 2:30pm Happy Hour
17 9:00-12:00 Reflexology (by appointment only) 9:15 Tai Chi (\$3) 11:30-12:15 Grab and Go Lunch 12:30pm Mindful Meditation 1:00pm Bingo for Bucks 1:30pm Art Class (\$3)	18 9:00-11:00 Haircuts (by Appointment only) 9:30 Group Trivia 10:30 "The Book of Me" with Anne Kelly, MA, NCC 11:30-12:15 Grab and Go Lunch 1:00pm YoHa 1:30pm Zumba Gold (\$3)	19 9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 10:15-11:15 PT Solutions Free Injury Screening (by appointment only) 11:30-12:15 Grab and Go Lunch 2:00pm Grief Support 5:45pm Zumba Gold (\$3)	20 9:00 Wood Carving 10:30 YoHa 11:30-12:15 Grab and Go Lunch 1:00pm Bridge 1:30pm Tone & Balance (\$3)	21 8:30 Legal Consults (by Appointment Only) 9:00 Walking and Weights (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Movie Matinee
24 9:00-12:00 Reflexology (by appointment only) 9:15 Tai Chi (\$3) 11:30-12:15 Grab and Go Lunch 12:30pm Mindful Meditation 1:00pm Bingo for Bucks 1:30pm Art Class (\$3)	25 9:30 Group Trivia 10:30 "The Book of Me" with Anne Kelly, MA, NCC 11:30-12:15 Grab and Go Lunch 1:00pm YoHa 1:30pm Zumba Gold (\$3)	26 9:15 Tai Chi (\$3) 9:30 Coloring for Calmness 10:30 Writer's Club 11:30-12:15 Grab and Go Lunch 2:00pm Grief Support 5:45pm Zumba Gold (\$3)	27 9:00 Wood Carving 10:30 Tech Tutoring 10:30 YoHa 11:30-12:15 Grab and Go Lunch 1:00pm Bridge 1:30pm Tone & Balance (\$3) 6:00pm Book Club: The Invention of Wings by Sue Monk Kid	28 9:00 Walking and Weights (\$3) 11:30-12:15 Grab and Go Lunch 1:00pm Movie Matinee 2:30pm Happy Hour
31 9:00-12:00 Reflexology (by appointment only) 9:15 Tai Chi (\$3) 11:30-12:15 Grab and Go Lunch 12:30pm Mindful Meditation 1:00pm Bingo for Bucks 1:30pm Art Class (\$3)	Help Yourself to Healthy Living: Medication Safety Jan. 6 @ 12:30pm	Cooking Class with Chef Cindie: Sunshine on Your Plate Jan. 14 @ 12:30pm	PT Solutions Free Injury Screening Jan. 19 @ 10:15am (by appointment only)	Mindful Meditation (Virtual Class) Mondays at 12:30pm