




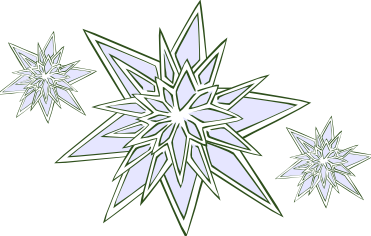



JANUARY



ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 CLOSED TO CELEBRATE A</p> 	<p>3 Yoga 10:30 Wii Bowling 11:00 Lunch • Pinochle 12:45 Zumba Tone 5:30</p> 	<p>4 Leslie's Fitness 9:30 Restorative Yoga 10:45 Blood Pressure 11:30 Medicare Asst. 11:30 Lunch • Bingo 12:45 Canasta 2:00 • Pilates 5:30</p>	<p>5 Line Dancing 10:30 Lunch Mahjong 1:00</p>	<p>6 Leslie's Fitness 9:30 Snacks by River Rock FRIDAY FEAST—Served by Republican Party Cribbage 1:00</p>
<p>9 Massage 9-11 Leslie's Fitness 9:30 Line Dancing 10:30 Lunch • Bible Study 12:45 Spanish Class 2:00 EVENING MEAL 6:00 PROGRAM 6:30</p>	<p>10 Yoga 10:30 Wii Bowling 11:00 Lunch • Pinochle 12:45 Zumba Tone 5:30</p>	<p>11 Leslie's Fitness 9:30 Restorative Yoga 10:45 Blood Pressure 11:30 Lunch • Board Meeting 12:30 Bingo 12:45 Canasta 2:00 • Pilates 5:30</p>	<p>12 Line Dancing 10:30 Lunch Mahjong 1:00</p> 	<p>13 Leslie's Fitness 9:30 BRUNCH 11:00 Cribbage 1:00 Caregiver Group 2:00</p>
<p>16 Massage 9-11 Leslie's Fitness 9:30 Line Dancing 10:30 Lunch • Bible Study 12:45 Spanish Class 2:00</p>	<p>17 Yoga 10:30 Wii Bowling 11:00 Lunch • Pinochle 12:45 Zumba Tone 5:30 Caregiver Group 6:00</p>	<p>18 Leslie's Fitness 9:30 Restorative Yoga 10:45 Blood Pressure 11:30 Lunch • Bingo 12:45 Canasta 2:00 • Pilates 5:30</p>	<p>19 Line Dancing 10:30 Medicare Asst. 11:30 Lunch Mahjong 1:00</p> 	<p>20 Leslie's Fitness 9:30 Snacks by River Rock Scrabble Tourney 10:30 FRIDAY FEAST—served by Democratic Party Cribbage 1:00</p>
<p>23 Massage 9-11 Leslie's Fitness 9:30 Line Dancing 10:30 Lunch • Bible Study 12:45 Spanish Class 2:00</p>	<p>24 Yoga 10:30 Wii Bowling 11:00 BIRTHDAY PARTY Pinochle 12:45 Zumba Tone 5:30</p> 	<p>25 Leslie's Fitness 9:30 Blood Pressure 11:30 Lunch • Bingo 12:45 Canasta 2:00 • Pilates 5:30</p>	<p>26 Line Dancing 10:30 Lunch Mahjong 1:00</p>	<p>27 Leslie's Fitness 9:30 Snacks by River Rock Lunch Cribbage 1:00</p>
<p>30 Massage 9-11 Leslie's Fitness 9:30 Line Dancing 10:30 Lunch • Bible Study 12:45 Spanish Class 2:00</p>	<p>31 Yoga 10:30 Wii Bowling 11:00 Lunch • Pinochle 12:45 Zumba Tone 5:30</p>		 <p>Visit our website at www.seniorcenterjh.org Or find us on Facebook</p>	