

# JANUARY 2023

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| <b>2</b><br>Senior Center Closed for New Year's Day  | <b>3</b><br>9:00 – 2:00 Sea Mar Community<br>9:00 – 4:30 Computer Lab<br>9:30 – 10:30 Get Moving!<br>10:00 – 11:00 Conversational German<br>10:30 – 12:00 Exploring Art Class<br>12:30 – 3:00 Cribbage<br>1:30 – 3:00 Chess Club<br>2:30 – 4:00 Hand Drumming Workshop  | <b>4</b><br>9:00 – 10:00 Enhance Fitness<br>9:00 – 4:30 Computer Lab<br>10:00 – 11:00 Balance & Strength<br>10:00 – 12:00 Party Bridge<br>11:00 – 12:30 Writing Group<br>1:00 – 3:00 Mahjong<br>6:30 – 8:30 Dance Time w/ Lauren Petrie   | <b>5</b><br>9:00 – 10:30 Healing Touch<br>10:00 – 11:00 Tai Chi<br>12:00 – 3:00 Pinochle<br>12:00 – 4:00 Arts & Crafts Group<br>3:30 – 5:00 Legal Assistance w/ John Llewellyn<br>7:00 – 10:00 Piano Bar<br>By appointment: Tech Programming   | <b>6</b><br>9:00 – 10:00 Enhance Fitness<br>9:30 – 4:00 Foot Care w/ Keith<br>10:00 – 11:00 Balance & Strength<br>11:30 – 12:30 Hatha Yoga<br>12:30 – 1:30 Scrabble Club<br>1:00 – 2:00 Diabetic Support Group<br>By appointment: Tech Programming              |
| <b>9</b><br>9:00 – 10:00 Enhance Fitness<br>9:00 – 4:30 Computer Lab<br>10:00 – 11:00 Gentle Chair Yoga<br>11:00 – 12:00 Line Dancing<br>1:00 – 2:30 UKES Sing-Along<br>1:00 – 3:00 Aging Well Group<br>1:00 – 3:00 Movies<br>3:15 – 5:00 OWLS | <b>10</b><br>9:00 – 2:00 Sea Mar Community<br>9:00 – 4:30 Computer Lab<br>9:30 – 10:30 Get Moving!<br>10:00 – 11:00 Conversational German<br>10:30 – 12:00 Exploring Art Class<br>11:00 – 12:00 Coffee w/ Vets<br>12:30 – 3:00 Cribbage<br>1:30 – 3:00 Chess Club<br>2:00 – 3:00 Low Vision Group<br>2:30 – 4:00 Hand Drumming Workshop                     | <b>11</b><br>9:00 – 10:00 Enhance Fitness<br>9:00 – 4:30 Computer Lab<br>10:00 – 11:00 Balance & Strength<br>10:00 – 12:00 Party Bridge<br>11:00 – 12:30 Journaling for Mindfulness<br>1:00 – 2:30 Downsizing, Decluttering & Donating<br>1:00 – 3:00 Mahjong<br>1:30 – 2:30 Virtual Caregivers Support Group<br>3:00 – 5:00 Reader's Theatre | <b>12</b><br>9:00 – 10:30 Healing Touch<br>10:00 – 11:00 Tai Chi<br>11:00 – 12:30 Medicare Presentation w/ Patrice<br>12:00 – 3:00 Pinochle<br>12:00 – 4:00 Arts & Crafts Group<br>1:00 – 2:30 Current Events Disc. Group<br>6:00 – 9:00 Second Thursday Out<br>By appointment: Tech Programming | <b>13</b><br>9:00 – 10:00 Enhance Fitness<br>9:00 – 12:00 Dental Care Clinic<br>10:00 – 11:00 Balance & Strength<br>11:30 – 12:30 Hatha Yoga<br>12:30 – 1:30 Scrabble Club<br>1:30 – 2:30 Book Club for Adventurous Readers<br>By appointment: Tech Programming |
| <b>16</b><br>Senior Center Closed for Martin Luther King, Jr. Day  | <b>17</b><br>9:00 – 2:00 Sea Mar Community<br>9:00 – 4:30 Computer Lab<br>9:30 – 10:30 Get Moving!<br>10:00 – 11:00 Conversational German<br>10:30 – 12:00 Exploring Art Class<br>12:30 – 3:00 Cribbage<br>1:30 – 3:00 Chess Club<br>2:30 – 4:00 Hand Drumming Workshop   | <b>18</b><br>9:00 – 10:00 Enhance Fitness<br>9:00 – 4:30 Computer Lab<br>10:00 – 11:00 Balance & Strength<br>10:00 – 12:00 Party Bridge<br>11:00 – 12:30 Writing Group<br>1:00 – 3:00 Mahjong<br>3:00 – 5:00 Reader's Theatre   | <b>19</b><br>9:00 – 10:30 Healing Touch<br>10:00 – 11:00 Tai Chi<br>11:00 – 12:30 History Hour w/ Lance Rhodes<br>12:00 – 3:00 Pinochle<br>12:00 – 4:00 Arts & Crafts Group<br>3:30 – 5:00 Legal Assistance w/ John Llewellyn<br>By appointment: Tech Programming                                | <b>20</b><br>9:00 – 10:00 Enhance Fitness<br>9:00 – 3:00 Foot Care w/ Joey<br>10:00 – 11:00 Balance & Strength<br>11:30 – 12:30 Hatha Yoga<br>12:30 – 1:30 Scrabble Club<br>By appointment: Tech Programming  |
| <b>23</b><br>9:00 – 10:00 Enhance Fitness<br>9:00 – 4:30 Computer Lab<br>10:00 – 11:00 Gentle Chair Yoga<br>11:00 – 12:00 Line Dancing<br>1:00 – 2:30 UKES Sing-Along<br>1:00 – 3:00 Aging Well Group<br>1:00 – 3:00 Movies                    | <b>24</b><br>9:00 – 2:00 Sea Mar Community<br>9:00 – 4:30 Computer Lab<br>9:30 – 10:30 Get Moving!<br>10:00 – 11:00 Conversational German<br>10:30 – 12:00 Exploring Art Class<br>12:30 – 3:00 Cribbage<br>1:30 – 3:00 Chess Club<br>2:30 – 4:00 Hand Drumming Workshop   | <b>25</b><br>9:00 – 10:00 Enhance Fitness<br>9:00 – 4:30 Computer Lab<br>10:00 – 12:00 Party Bridge<br>11:00 – 12:30 Journaling for Mindfulness<br>1:00 – 2:30 Fall Prevention Workshop<br>1:00 – 3:00 Mahjong<br>1:30 – 2:30 Virtual Caregivers Support Group<br>3:00 – 5:00 Reader's Theatre  | <b>26</b><br>9:00 – 10:30 Healing Touch<br>10:00 – 11:00 Tai Chi<br>12:00 – 3:00 Pinochle<br>12:00 – 4:00 Arts & Crafts Group<br>1:00 – 2:30 Current Events Disc. Group<br>5:00 – 6:30 Soups w/ Chef Hayla<br>By appointment: Tech Programming   | <b>27</b><br>9:00 – 10:00 Enhance Fitness<br>9:00 – 4:30 Foot Care w/ Carly<br>10:00 – 11:00 Balance & Strength<br>11:30 – 12:30 Hatha Yoga<br>12:30 – 1:30 Scrabble Club<br>By appointment: Tech Programming   |
| <b>30</b><br>9:00 – 10:00 Enhance Fitness<br>9:00 – 4:30 Computer Lab<br>10:00 – 11:00 Gentle Chair Yoga<br>11:00 – 12:00 Line Dancing<br>1:00 – 2:30 UKES Sing-Along<br>1:00 – 3:00 Aging Well Group<br>1:00 – 3:00 Movies                    | <b>31</b><br>9:00 – 1:00 Sea Mar Community<br>9:00 – 4:30 Computer Lab<br>9:30 – 10:30 Get Moving!<br>10:00 – 11:00 Conversational German<br>10:30 – 12:00 Exploring Art Class<br>11:30 – 12:45 Birthday Lunch<br>12:30 – 3:00 Cribbage<br>1:30 – 3:00 Chess Club<br>2:30 – 4:00 Hand Drumming Workshop<br>2:30 – 4:00 Legal Assistance w/ Heather DeVrieze |   |  |   |