

Calendar of Events: January

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>Closed for New Year's Day</p> <p>5:45 - 7:30 HAM Radio Grp</p>	<p>8:30 - 4:30 Computer Lab</p> <p>9:00 Meditation</p> <p>9:00 Sea Mar Community</p> <p>9:30 Get Moving!</p> <p>9:30 ESL Class</p> <p>10:00 German</p> <p>10:30 Exploring Art</p> <p>12:30 Cribbage</p> <p>1:30 Chess Club</p> <p>2:30 Hand Drumming</p>	<p>8:30 - 4:30 Computer Lab</p> <p>9:00 Enhance Fitness</p> <p>10:00 Balance & Strength</p> <p>10:00 Party Bridge</p> <p>11:00 Writing Grp</p> <p>1:00 Mahjong</p> <p>2:00 Haircuts by Talia (R) (\$)</p> <p>3:00 Rejuvenating Yoga</p>	<p>9:00 Healing Touch (R)</p> <p>9:30 Tai Chi</p> <p>10:00 Spanish</p> <p>12:00 Arts & Crafts Grp</p> <p>12:00 Pinochle</p> <p>1:00 Conversation & Friendship</p> <p>2:30 Strong Bodies, Strong Bones</p> <p>3:30 Legal Assistance (R)</p> <p>7:00 Piano Bar (\$)</p> <p>By appt: Digital Navigation</p>	<p>9:00 - 5:00 Foot Care (R) (\$)</p> <p>9:00 Enhance Fitness</p> <p>10:00 Balance & Strength</p> <p>11:30 Hatha Yoga</p> <p>12:30 Scrabble Club</p> <p>1:00 Diabetic Support Grp (R)</p> <p>By appt: Digital Navigation</p>
8	9	10	11	12
<p>8:30 - 4:30 Computer Lab</p> <p>9:00 Enhance Fitness</p> <p>10:00 Gentle Chair Yoga</p> <p>11:00 Line Dancing</p> <p>12:30 Movies</p> <p>1:00 Aging Well Grp (R)</p> <p>1:00 UKES Sing-Along</p> <p>3:00 OWLS</p>	<p>8:30 - 4:30 Computer Lab</p> <p>9:00 Meditation</p> <p>9:00 Sea Mar Community</p> <p>9:30 Get Moving!</p> <p>9:30 ESL Class</p> <p>10:00 German</p> <p>11:00 Coffee w/ Vets</p> <p>10:30 Exploring Art</p> <p>12:30 Cribbage</p> <p>1:30 Chess Club</p> <p>2:00 Low Vision Grp (R)</p> <p>2:30 Hand Drumming</p> <p>7:00 Westside Dance (R) (\$)</p>	<p>8:30 - 4:30 Computer Lab</p> <p>9:00 Enhance Fitness</p> <p>10:00 Balance & Strength</p> <p>10:00 Party Bridge</p> <p>11:00 Journaling for Mindfulness</p> <p>1:00 Mahjong</p> <p>1:00 Downsizing or Moving Workshop (R)</p> <p>1:30 Virtual Caregivers Support Grp (R)</p> <p>3:00 Rejuvenating Yoga</p> <p>3:00 Financial Beginnings (R)</p>	<p>9:00 Healing Touch (R)</p> <p>9:30 Tai Chi</p> <p>10:00 Spanish</p> <p>11:00 Medicare</p> <p>12:00 Arts & Crafts Grp</p> <p>12:00 - 3:00 Pinochle</p> <p>1:00 Conversation & Friendship</p> <p>1:00 Current Events #1 (R)</p> <p>2:30 Current Events #2 (R)</p> <p>2:30 Strong Bodies, Strong Bones</p> <p>By appt: Digital Navigation</p>	<p>9:00 Enhance Fitness</p> <p>10:00 Balance & Strength</p> <p>11:30 Hatha Yoga</p> <p>12:30 Scrabble Club</p> <p>1:00 Book Club</p> <p>By appt: Digital Navigation</p>
15	16	17	18	19
<p>Closed for Martin Luther King Jr. Day</p> <p>6:30 - 9:00 Quilters Grp</p>	<p>8:30 - 4:30 Computer Lab</p> <p>9:00 Meditation</p> <p>9:00 Sea Mar Community</p> <p>9:30 Get Moving!</p> <p>9:30 ESL Class</p> <p>10:00 German</p> <p>10:30 Exploring Art</p> <p>12:30 Cribbage</p> <p>1:30 Chess Club</p> <p>2:30 Hand Drumming</p> <p>3:00 Medicare</p> <p>7:00 Westside Dance (R) (\$)</p>	<p>8:30 - 4:30 Computer Lab</p> <p>9:00 Enhance Fitness</p> <p>10:00 Balance & Strength</p> <p>10:00 Party Bridge</p> <p>11:00 Writing Grp</p> <p>1:00 Mahjong</p> <p>2:00 Tinnitus Lecture (R)</p> <p>3:00 Rejuvenating Yoga</p>	<p>9:00 Healing Touch (R)</p> <p>9:30 Tai Chi</p> <p>10:00 Spanish</p> <p>12:00 Arts & Crafts Grp</p> <p>12:00 Pinochle</p> <p>1:00 Conversation & Friendship</p> <p>2:30 Strong Bodies, Strong Bones</p> <p>3:30 Legal Assistance (R)</p> <p>By appt: Digital Navigation</p>	<p>9:00 - 5:00 Foot Care (R) (\$)</p> <p>9:00 Enhance Fitness</p> <p>10:00 Balance & Strength</p> <p>11:30 Hatha Yoga</p> <p>12:30 Scrabble Club</p> <p>By appt: Digital Navigation</p>
22	23	24	25	26
<p>8:30 - 4:30 Computer Lab</p> <p>9:00 Enhance Fitness</p> <p>10:00 Gentle Chair Yoga</p> <p>11:00 Line Dancing</p> <p>12:30 Movies</p> <p>1:00 Aging Well Grp (R)</p> <p>1:00 UKES Sing-Along</p>	<p>8:30 - 4:30 Computer Lab</p> <p>9:00 Meditation</p> <p>9:00 Sea Mar Community</p> <p>9:30 Get Moving!</p> <p>9:30 ESL Class</p> <p>10:00 German</p> <p>10:30 Exploring Art</p> <p>12:30 Cribbage</p> <p>1:30 Chess Club</p> <p>2:30 Hand Drumming</p> <p>7:00 Westside Dance (R) (\$)</p>	<p>8:30 - 4:30 Computer Lab</p> <p>9:00 Enhance Fitness</p> <p>10:00 Balance & Strength</p> <p>10:00 Party Bridge</p> <p>11:00 Journaling for Mindfulness</p> <p>1:00 Mahjong</p> <p>3:00 Rejuvenating Yoga</p>	<p>9:00 Healing Touch (R)</p> <p>9:30 Tai Chi</p> <p>10:00 Spanish</p> <p>12:00 Arts & Crafts Grp</p> <p>12:00 Pinochle</p> <p>1:00 Current Events #1 (R)</p> <p>2:30 Current Events #2 (R)</p> <p>2:30 Strong Bodies, Strong Bones</p> <p>4:00 History Hour (R)</p> <p>By appt: Digital Navigation</p>	<p>9:00 Enhance Fitness</p> <p>10:00 Balance & Strength</p> <p>11:30 Hatha Yoga</p> <p>12:30 Scrabble Club</p> <p>By appt: Digital Navigation</p>
29	30	31		
<p>8:30 - 4:30 Computer Lab</p> <p>9:00 Enhance Fitness</p> <p>10:00 Gentle Chair Yoga</p> <p>11:00 Line Dancing</p> <p>12:30 Movies</p> <p>1:00 Aging Well Grp (R)</p> <p>1:00 UKES Sing-Along</p>	<p>8:30 - 4:30 Computer Lab</p> <p>9:00 Meditation</p> <p>9:00 Sea Mar Community</p> <p>9:30 Get Moving!</p> <p>9:30 ESL Class</p> <p>10:00 German</p> <p>10:30 Exploring Art</p> <p>11:30 Birthday Lunch (R) (\$)</p> <p>12:30 Cribbage</p> <p>1:30 Chess Club</p> <p>2:30 Legal Assistance (R)</p> <p>2:30 Hand Drumming</p> <p>7:00 Westside Dance (R) (\$)</p>	<p>8:30 - 4:30 Computer Lab</p> <p>9:00 Enhance Fitness</p> <p>10:00 Balance & Strength</p> <p>10:00 Party Bridge</p> <p>1:00 Mahjong</p> <p>3:00 Rejuvenating Yoga</p> <p>3:00 Nutrition Class (R)</p>	<p>R=RSVP required</p> <p>\$=fee</p>	