



**Monday, January 23**

- 9:00 - 10:00 *Enhance Fitness* (Hatten)
- 9:00 - 4:30 *Open Computer Access* (Computer Lab)
- 10:00 - 11:00 *Gentle Chair Yoga* (Hatten)
- 11:00 - 12:00 *Line Dancing* (Hatten)
- 1:00 - 2:30 *Ukulele Players (UKES) Sing-Along* (Lions)
- 1:00 - 3:00 *Aging Well Group* (Nelson)
- 1:00 - 3:00 *Terry's Greatest Movies: "Private Buckaroo"* (Nucor)

**Tuesday, January 24**

- 9:00 - 10:00 *Food Bank Distribution* (Back Door, Alhadeff)
- 9:00 - 2:00 *Sea Mar Community* (Hatten)
- 9:00 - 4:30 *Open Computer Access* (Computer Lab)
- 9:30 - 10:30 *Get Moving!* (Hatten)
- 10:00 - 11:00 *Conversational German* (Café)
- 10:30 - 12:00 *Exploring Art Class* (Nucor)
- 12:30 - 3:00 *Cribbage* (Nucor)
- 1:30 - 3:00 *Chess Club* (Café)
- 2:30 - 4:00 *Hand Drumming Workshop* (Hatten)

**Wednesday, January 25**

- 8:00 - 11:00 *Meals on Wheels* (Alhadeff)
- 9:00 - 10:00 *Enhance Fitness* (Hatten)
- 9:00 - 4:30 *Open Computer Access* (Computer Lab)
- 10:00 - 11:00 *Balance & Strength* (Hatten)
- 10:00 - 12:00 *Party Bridge* (Nelson)
- 11:00 - 12:30 *Journaling for Mindfulness* (Nucor)
- 1:00 - 2:30 *Fall Prevention Workshop* (Hatten)
- 1:00 - 3:00 *Mahjong* (Nelson)
- 1:30 - 2:30 *Caregivers Support Group* (Virtual)
- 3:00 - 5:00 *Reader's Theatre* (Nucor)
- 5:00 - 6:30 *Soups with Chef Hayla* (Kitchen)

**Thursday, January 26**

- 9:00 - 10:30 *Healing Touch* (Nucor)
- 10:00 - 11:00 *Tai Chi* (Hatten)
- 12:00 - 3:00 *Pinochle* (Nelson)
- 12:00 - 4:00 *Arts & Crafts Group* (Hatten)
- 1:00 - 2:30 *Current Events Disc. Group* (Nucor)
- By appointment *Tech Programming* (Computer Lab)

**Friday, January 27**

- 9:00 - 10:00 *Enhance Fitness* (Hatten)
- 9:00 - 4:30 *Foot Care Clinic w/ Carly* (Nucor)
- 10:00 - 11:00 *Balance & Strength* (Hatten)
- 11:30 - 12:30 *Hatha Yoga* (Hatten)
- 12:30 - 1:30 *Scrabble Club* (Café)
- By appointment *Tech Programming* (Computer Lab)

**Community Dining: Monday - Thursday, 11:45am - 12:30pm; Margie's Café: Monday - Friday, 9am - 1:30pm**

**Stop 'N Shop Thrift Store: Thursday - Tuesday, 11am - 4pm**