

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<u>1</u> <b>Happy New Year!</b>	<u>2</u> 5:00 pm Meal Program	<u>3</u> 1:00 pm <i>Grief Support</i> 1:30 pm Sip & Stitch	<u>4</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<u>5</u>
<u>6</u>  <i>BINGO</i>  1:00 pm	<u>7</u> 9:00 am Qi Gong 10:00 am Exercises	<u>8</u> 9:30 am Floor Exercises 10:00 am Exercises 11:00am Community Chorus 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program <b>7:00 pm Family Support</b> <i>...for family &amp; friends of individuals who have mental illness.</i>	<u>9</u> 10:00 am Exercises 5:00 pm Meal Program <b>6:00 pm Dance Class</b>	<u>10</u> 9:00 am Qi Gong 10:00 am Exercises 1:30 pm Sip & Stitch	<u>11</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<u>12</u>
<u>13</u>  <i>BINGO</i>  1:00 pm	<u>14</u> 9:00 am Qi Gong 10:00 am Exercises	<u>15</u> 9:30 am Floor Exercises 10:00 am Exercises 11:00am Community Chorus 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program <b>MEMBERSHIP DAY</b> <i>New or Renew Join us for a coffee &amp; treat</i>	<u>16</u> 10:00 am Exercises  <i>Dinner &amp; Movie</i> <i>"Life of the Party"</i> <i>Dinner 5:00 Movie 6:15</i>	<u>17</u> 9:00 am Qi Gong 10:00 am Exercises 1:30 pm Sip & Stitch  <i>Put on your Dancing Shoes</i> <i>We have a dance</i> <i>7:00-11:00</i>	<u>18</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<u>19</u>
<u>20</u>  <i>BINGO</i>  1:00 pm	<u>21</u> 9:00 am Qi Gong 10:00 am Exercises  <i>Potluck &amp; Spelling Bee</i> <i>6:00 -8:00 p.m.</i>  <i>7:00 pm Mood Disorder Support</i>	<u>22</u> 9:30 am Floor Exercises 10:00 am Exercises 11:00am Community Chorus 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program	<u>23</u> 10:00 am Exercises 5:00 pm Meal Program <b>6:00 pm Dance Class</b>	<u>24</u> 9:00 am Qi Gong 10:00 am Exercises 1:30 pm Sip & Stitch	<u>25</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<u>26</u>
<u>27</u>  <i>BINGO</i>  1:00 pm	<u>28</u> 9:00 am Qi Gong 10:00 am Exercises	<u>29</u> 9:30 am Floor Exercises 10:00 am Exercises 11:00am Community Chorus 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program	<u>30</u> 10:00 am Exercises 5:00 pm Meal Program  <i>Lunch and Learn</i> <i>@ noon</i>	<u>31</u> 9:00 am Qi Gong 10:00 am Exercises 1:30 pm Sip & Stitch		