



JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 New Year's Day Observance closed</p>	<p>3 Coffee/Tea 10am Discussion CARD MAKING CLASSES 1:40pm</p>	<p>4 8:20am Walking CD 8:40am Strong Woman CD 10am Thai Chi 1:00pm Shen Zhen 5:00pm Grief Support Group</p>	<p>5 4:00pm Caregivers support group 8:00am Grand Jct. trip.</p>	<p>6 8:20am Walking CD 8:40 am Strong Woman CD 9:30 Movement w/ Becky</p>
<p>9 8:20-9:30 Exercises 9:30 am Bingo 1:00pm Council on Aging</p>	<p>10 10am Coffee/Tea w/ Cassandra</p>	<p>11 Exercises same as above.</p>	<p>12</p>	<p>13  Exercises same as above. </p>
<p>16 ML King Day closed</p>	<p>17 9:30am Get up and Go Committee</p>	<p>18 Exercises same as above 5:00pm Grief Support Group</p>	<p>19 10:00am Craft day 12:00 CHILI COOK-OFF 10am Dancing w/ Deana</p>	<p>20 Exercises same as above.</p>
<p>23 8:20-9:30 am exercises 9:30 am Bingo</p>	<p>24 10am Coffee/Tea. Guided meditation w/ Marilyn</p>	<p>25 Exercises same as above 10am Book Club. Code Girls by</p>	<p>26</p>	<p>27 Exercises same as above</p>
<p>30 8:20-9:30am exercises 9:30 Bingo</p>	<p>31 10am Coffee/ Tea. composting with Kim Sherwood</p>	<p>**Every day after congregate meal we play hand and foot canasta. ** On Wednesday we have a separate game of cards in the library. ** We have jigsaw puzzles always working and books in the library.</p>		