

January 2026

S	M	T	W	T	F	S
	<p>Morning exercises are Mon, Wed, & Fri starting at 8:30 am</p> <p>Tai Chi is on Wed w/Dhyana and Shen Zhen starts at 1pm on Wed. w/ Lisa D.</p>			1	2	3
					CLOSED	
4	5	6 Coffee/tea discussion 10 Seated chair yoga 2:30p	7 Grief support 5pm	8 Grand Jct. trip 8AM departure	9	10
11 Don't forget to get your childhood picture in for the contest. Age range 2- 10 years old	12 Mexican train 12:40p	13 Coffee/tea discussion Seated chair yoga 2:30p	14 Adventure Club Dementia support group 4pm	15 Craft 10 am Potluck	16	17
18 Contest end Feb. 6th	19 CLOSED	20 9:30 Get up and Go	21 Grief Support 5pm	22	23	24
25	26 Mexican train 12:30 p	27 Coffee/tea discussion Seated chair yoga 2:30p	28 10am book club The Art Thief by M. Finkel Dementia support group 4pm	29 CHILI COOK-OFF Bring you most fabulous Chili to share! Starts at NOON	30	31

