



PROGRAM CALENDAR - JANUARY 2020

Mon	Tue	Wed	Thu	Fri
		1	2	3
BINGO daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day's schedule.	* Indicates that sign-up/reservations are required	CLOSED New Years Day	9 Strengthen & Stretch 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table
6	7	8	9	10
10:15 Memoir Group 1 Advisory Meeting 1:30 Holiday Bazaar Wrap-up Meeting	9 Strengthen & Stretch 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1:15 Jewelry Repair with Yael* 1:30 Mah Jongg 3 Bone Builders	9 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1:30 Monthly Art Project* 2 Normal/Not Normal Aging Talk	9 Strengthen & Stretch 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	9-12 Reflexology* 9:30 - 3:30 Foot Clinic* 10-12:30 CCC Office hours* 12 German Language Table
13	14	15	16	17
8:30 Newsletter Folding 9 Strengthen & Stretch 10:30-12 Painting at ArtisTree* 10:15 Memoir Group 1-3 Advance Directives*	9 Strengthen & Stretch 10-11 Veggie VanGo 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Grocery Tour* 1:15 Jewelry Repair with Yael* 1:30 Mah Jongg 3 Bone Builders	8 Board Meeting 8:30-10:30 Fall Prevention Clinic* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Caregiver Support Group 3 Gentle Yoga Class	9 Strengthen & Stretch 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 12:45 Tech Tutoring* 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table
20	21	22	23	24
CLOSED Martin Luther King Jr Day	9 Strengthen & Stretch 10 Double King Pede 10 Beginning Italian 11:30 Commodities 12 Spanish Table 1 Keys to the Valley Program 1:15 Jewelry Repair with Yael* 1:30 Mah Jongg 3 Bone Builders	9 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 2 Understanding Alzheimer's and Dementia Talk 3 Gentle Yoga Class	Birthday Day* 9 Strengthen & Stretch 10-12 Chair Massage* 10-12 Wellness Clinic 10 Cribbage 10:00 Italian Study 12 Italian Table 12:30-3 Foot Clinic* 1 Music w/ Bob Horan 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table
27	28	29	30	31
9 Strengthen & Stretch 10:15 Memoir Group 10:30-12 Painting at ArtisTree*	9 Strengthen & Stretch 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1:15 Jewelry Repair with Yael* 1 Heart Healthy Meals Workshop* 1:30 Mah Jongg 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 3 Gentle Yoga Class	9 Strengthen & Stretch 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table