



PROGRAM CALENDAR - JANUARY 2022

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
1 Advisory Meeting	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 2 Amon Carter Museum SLN Program 3 Bone Builders	9 West Lebanon Shopping 9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga class 1:30 Art with Finnie	10 Cribbage 10:30 am Strengthen & Stretch Zoom 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
10	11	12	13	14
10 Trivia 1 Advance Directives	10:30 am Strengthen & Stretch Zoom Class 10:30-2 Reflexology 12 Caregiver Support 1 Mahjong 2 Ste. Genevieve Park SLN Program 3 Bone Builders	9:30 Intro to Tai Chi 10 Veggie VanGo 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Guardianship Virtual Program	10 Cribbage 10:30 am Strengthen & Stretch Zoom 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
17	18	19	20	21
CLOSED Martin Luther King Jr. Day	Newsletter Folding 9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 1 Birds of a Flower Program 2 Gerald Ford Presidential Museum SLN Program 3 Bone Builders 4-6 Age Well Workshop	8:30 Board Meeting 9 West Lebanon Shopping 9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms	9-2:30 Foot Clinic 10 Cribbage 10:30 Mandala Art 10:30 am Strengthen & Stretch Zoom 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
24	25	26	27	28
Snow Sculpture Begins 1:00 Movie & Popcorn	9-12 Reflexology 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 2 Mitchell Caverns SLN Program 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms	Birthday Day 10 Cribbage 10:30 am Strengthen & Stretch Zoom 1 Animal Communication virtual program 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
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				RESERVATIONS REQUIRED FOR ALL PROGRAMS