



The Thompson

Your resource to age well

PROGRAM CALENDAR - JANUARY 2024

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
CLOSED New Years	1 Mahjong 3 Bone Builders	10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	10 Cribbage 12:30 Tech Support 3 Bone Builders	10 Bingo 1 Mahjong
8	9	10	11	12
9:30-12:30 Benefits Assistance Appts 10 BINGO 1 Advisory Meeting	Reflexology Appts 12 Caregiver Support Group 1 Mahjong 2 SLN: Voyageurs National Park 3 Bone Builders	10 Veggie VanGo 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Lifeline Medical Alert Talk 12:30-2:30 Pictures, Prose and Poems 1:30 Art with Finnie 3 Bone Builders	10 Bingo 1 Mahjong 1 Homeshare Presentation
15	16	17	18	19
CLOSED Martin Luther King Jr. Day	8:30 Newsletter Folding 9:30 Commodities 1 Mahjong 2 SLN: Glenn Echo Park 3 Bone Builders	8:30 Board Meeting 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	8:30-3 Foot Clinic 10 Cribbage 12:30-2:30 Pictures, Prose and Poems 12:30 Tech Support 3 Bone Builders	10 BINGO 1 Mahjong
22	23	24	25	26
9:30-12:30 Benefits Assistance Appts 10 BINGO	Reflexology Appts 1 Mahjong 2 SLN: Briscoe Western Art Museum 3 Bone Builders	10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	Birthday Day 10 Cribbage 12:30-2:30 Pictures, Prose and Poems 3 Bone Builders	10 BINGO 1 Mahjong
29	30	31		
10 BINGO	11:30-1 Blood Pressure Management Workshop 1 Mahjong 2 SLN: The Statue of Liberty 3 Bone Builders	8:30-3 Foot Clinic 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS	