

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
1	2	3	4	5
Closed for Holiday Break	10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie 1:00 French Club 1:00 Canasta	9:00 Tech Support 9:00 Bridge Group 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	10:00 Octets Bridge 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group	9:00 Open House 10:00 Knitting Group 1:00 Cribbage (intermediate) 1:00 Afternoon Movie
8	9	10	11	12
9:30 Spunky Spades Bridge 9:30 Keep it Legal with Sarah Neault, Esq. 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie 1:00 Canasta 2:00 Meet and Greet with the New Staff	9:00 Tech Support 9:00 Bridge Group 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	10:00 Octets Bridge 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group	9:00 Open House 10:00 Knitting Group 1:00 Cribbage (intermediate) 1:00 Indoor Cornhole
15	16	17	18	19
Closed in Observance of MLK Jr. DAY	10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie 1:00 French Club 1:00 Canasta	9:00 Tech Support 9:00 Bridge Group 10:00 Craft Group – Jewelry Making Workshop with Ellen 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	10:00 Reverse Mortgage Seminar – Fairway Mortgage 10:00 Octets Bridge 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group 3:00 World Travels with Dewey	9:00 Open House 10:00 Breakfast with Powerback Rehabilitation 10:00 Knitting Group 12:00 Bridget's Lunch Bunch @ Billy's Chowder House 1:00 Cribbage (intermediate) 2:00 Parkinson's Support Group



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22 9:30 Spunky Spades Bridge 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot 4:00 Collette Tours – Reflections of Italy Presentation	23 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie 1:00 Canasta	24 9:00 Tech Support 9:00 Bridge Group 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	25 10:00 COR Health Fitness Class 10:00 Octets Bridge 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group	26 9:00 Open House 10:00 Knitting Group 12:00 Monthly Luncheon @ the Center 1:00 Cribbage (intermediate) 1:00 Afternoon Movie
29 9:30 Spunky Spades Bridge 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	30 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie 1:00 Canasta	31 9:00 Tech Support 9:00 Bridge Group 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) 1:00 Book Club		

KEY

Highlighted Program = New & Noteworthy

Bold Program = Off-Site Program or Fundraiser

