

MON	TUE	WED	THU	FRI
<p>Birthdays</p> <p>Charlie 1/13 Carolyn 1/13 Karen F. 1/26 Joel 1/29 Peggy 1/31</p>				<p>1</p> <p>HAPPY NEW YEAR!</p> <p>CLOSED</p>
<p>4</p> <p>11:00 Morning Chat and Knitting Class w/ Michelle</p>	<p>5</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>6</p> <p>Staff delivers EHDM</p> <p>Weekly Wellness Calls to all Participants</p>	<p>7</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>8</p> <p>11:00 Virtual Bingo</p> <p>Weekly Email sent to all Participants</p>
<p>11</p> <p>11:00 Morning Chat and Open Hand Nutrition Class w/ Michelle</p>	<p>12</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>13</p> <p>Staff delivers EHDM</p> <p>Weekly Wellness Calls to all Participants</p>	<p>14</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>15</p> <p>11:00 Virtual Bingo</p> <p>Weekly Email sent to all Participants</p>
<p>18</p> <p>Martin Luther King Jr. Day</p> <p>Center Closed</p>	<p>19</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>20</p> <p>Staff delivers EHDM</p> <p>Weekly Wellness Calls to all Participants</p>	<p>21</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>22</p> <p>11:00 Health Minute Cold Weather Tips</p> <p>11:10 Virtual Bingo</p> <p>Weekly Email sent to all Participants</p>
<p>25</p> <p>11:00 Morning Chat and Inspirations</p>	<p>26</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>27</p> <p>Staff delivers EHDM</p> <p>Weekly Wellness Calls to all Participants</p>	<p>28</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>29</p> <p>11:00 Virtual Bingo</p> <p>Weekly Email sent to all Participants</p>