

MON	TUE	WED	THU	FRI
2 CLOSED New Year's HOLIDAY	3 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Yoga 10:30 Health is Wealth 11:00 Brain Games	4 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Trivia 10:30 ZUMBA 11:00 Arts and Crafts	5 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Walking Club 10:30 Site Council 11:00 BINGO	6 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Exercise 10:30 Mad Libs 11:00 Movie
9 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Stretch and Flex 10:30 Hidden Pictures 11:00 Brain Games	10 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Yoga 10:30 Mental Health Chat 11:30 Table Games	11 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Trivia 10:30 ZUMBA 11:00 Arts and Crafts	12 Trip Day High Museum	13 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Exercise 10:30 Creative writing 11:00 POKENO
16 CLOSED MLK Jr Day	17 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Yoga 10:30 High Museum 11:30 Health is Wealth	18 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Trivia 10:30 ZUMBA 11:00 Arts and Crafts	19 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Walking Club 10:30 Nutrition 11:00 BINGO	20 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Mad Libs 10:30 Move and Groove 11:30 Table Games
23 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Stretch and Flex 10:30 SPA DAY 11:30 Word Search	24 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Yoga 10:30 Health is Wealth 11:00 Brain Games	25 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Trivia 10:30 ZUMBA 11:00 Arts and Crafts	26 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Move and Groove 11:00 POKENO	27 Trip Day Walmart/ Dollar Tree
30 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Stretch and Flex 10:30 Adult Coloring 11:00 Movie	31 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Yoga 10:30 Health is Wealth 11:00 Brain Games			Lunch Daily 12noon TransDev (404) 965-3085