

THE SENIOR CENTER CALENDAR OF EVENTS – JANUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>If you have questions about the Senior Center or need to make an appointment with a certified SHIP counselor call 287-6409</p>	<p>NOTE: All crochet, stitchery, needlework, etc. classes are now being called: "Silver Threads & Needles"</p>	<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>9-11 Silver Threads & Needles</p> <p>10:30 NEW YEAR'S RESOLUTIONS Pictionary</p> <p>12:00 – 4:00 Bridge</p> <p>12:30 – 2:00 Computer Assistance</p> <p>1:00 Just Dance</p>	<p>3</p> <p>8:45 Aerobics</p> <p>9:00 SilverStriders</p> <p>9-11 Silver Threads & Needles</p> <p>10:00 Fun/Fellowship/Singing</p> <p>12:30 Slow-moving Exercise</p> <p>1:00 TABLE TENNIS</p> <p>6:00 – 9:00 "TWIST & SHOUT" NEW YEAR'S DANCE</p>
<p>8:45 Aerobics 6</p> <p>9:00 SilverStriders</p> <p>9:00 - 2:30 Art Group</p> <p>9-11 Silver Threads & Needles</p> <p>12:30 Slow-moving Exercise</p>	<p>7</p> <p>9-11 Silver Threads & Needles</p> <p>10:00-11:00 Computer Assistance</p> <p>10:00 Yoga CANCELLED</p> <p>10:30 USE IT OR LOSE IT</p> <p>11:15 CHAIR EXERCISE</p> <p>1:00 TABLE TENNIS</p>	<p>8</p> <p>8:30 Wednesday Walk</p> <p>8:45 Aerobics</p> <p>9-11 Silver Threads & Needles</p> <p>10:00 Line Dancing</p> <p>10:30 TRIVIA: "NAME THAT ELVIS SONG"</p> <p>12:30 Oil Art Group</p> <p>12:30 Slow-moving Exercise</p>	<p>9</p> <p>9-11 Silver Threads & Needles</p> <p>10:30 CRAFT TIME w/ LAVADA WALL</p> <p>12:00 – 4:00 Bridge</p> <p>12:30 – 2:00 Computer Assistance</p> <p>1:00 Just Dance</p> <p>1:00 Wii FUN</p>	<p>10</p> <p>8:45 Aerobics</p> <p>9:00 SilverStriders</p> <p>9:00 BREAKFAST WITH THE DIRECTOR</p> <p>9-11 Silver Threads & Needles</p> <p>10:00 Fun/Fellowship/Singing</p> <p>12:30 Slow-moving Exercise</p> <p>1:00 TABLE TENNIS</p>
<p>8:45 Aerobics 13</p> <p>9-11 BLOOD PRESSURE CHECK</p> <p>9:00 SilverStriders</p> <p>9:00 - 2:30 Art Group</p> <p>9-11 Silver Threads & Needles</p> <p>10:30 RECIPE CLUB</p> <p>12:30 Slow-moving Exercise</p> <p>5:30 ZUMBA</p>	<p>14</p> <p>9-11 Silver Threads & Needles</p> <p>10:00-11:00 Computer Assistance</p> <p>10:00 Yoga CANCELLED</p> <p>10:30 CRAFTING w/ CRYSTAL</p> <p>11:15 CHAIR EXERCISE</p> <p>1:00 TABLE TENNIS</p>	<p>15</p> <p>8:30 Wednesday Walk</p> <p>8:45 Aerobics</p> <p>9-11 Silver Threads & Needles</p> <p>9:30 TEA PARTY</p> <p>10:00 WRITING CLUB</p> <p>10:00 Line Dancing</p> <p>12:30 Oil Art Group</p> <p>12:30 Slow-moving Exercise</p>	<p>16</p> <p>9-11 Silver Threads & Needles</p> <p>10:30 PEN PALS</p> <p>12:00 – 4:00 Bridge</p> <p>12:30 – 2:00 Computer Assistance</p> <p>1:00 Just Dance</p>	<p>17</p> <p>8:45 Aerobics</p> <p>9:00 SilverStriders</p> <p>9-11 Silver Threads & Needles</p> <p>10:00 Fun/Fellowship/Singing</p> <p>10:30 BOOK CLUB</p> <p>12:30 Slow-moving Exercise</p> <p>1:00 TABLE TENNIS</p>
<p>20</p> <p>CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY</p>	<p>21</p> <p>9-11 Silver Threads & Needles</p> <p>10:00-11:00 Computer Assistance</p> <p>10:00 Yoga</p> <p>10:30 TRIVIA: "SLOGAN FUN"</p> <p>1:00 TABLE TENNIS</p>	<p>22</p> <p>8:30 Wednesday Walk</p> <p>8:45 Aerobics</p> <p>9-11 Silver Threads & Needles</p> <p>10:00 Line Dancing</p> <p>10:30 CRAFTING w/ CRYSTAL</p> <p>12:30 Oil Art Group</p> <p>12:30 Slow-moving Exercise</p>	<p>23</p> <p>9-11 Silver Threads & Needles</p> <p>10:30 DIABETIC SUPPORT GROUP</p> <p>12:00 – 4:00 Bridge</p> <p>12:30 – 2:00 Computer Assistance</p> <p>1:00 Just Dance</p>	<p>24</p> <p>8:45 Aerobics</p> <p>9:00 SilverStriders</p> <p>9-11 Silver Threads & Needles</p> <p>10:00 Fun/Fellowship/Singing</p> <p>11:15 CHAIR EXERCISE</p> <p>12:30 Slow-moving Exercise</p> <p>1:00 TABLE TENNIS</p>
<p>8:45 Aerobics 27</p> <p>9:00 SilverStriders</p> <p>9:00 - 2:30 Art Group</p> <p>9-11 Silver Threads & Needles</p> <p>12:30 Slow-moving Exercise</p>	<p>28</p> <p>9-11 Silver Threads & Needles</p> <p>10:00-11:00 Computer Assistance</p> <p>10:00 Yoga</p> <p>10:30 SPECIAL SPEAKER: "WEATHERIZATION PROGRAM"</p> <p>1:00 TABLE TENNIS</p>	<p>29</p> <p>8:30 Wednesday Walk</p> <p>8:45 Aerobics</p> <p>9-11 Silver Threads & Needles</p> <p>10:00 WRITING CLUB</p> <p>10:30 "IMPORTANCE OF GOOD NUTRITION & FIBER"</p> <p>10:00 Line Dancing</p> <p>12:30 Oil Art Group</p> <p>12:30 Slow-moving Exercise</p>	<p>30</p> <p>9-11 Silver Threads & Needles</p> <p>10:30 CHAIR VOLLEYBALL</p> <p>12:00 – 4:00 Bridge</p> <p>12:30 – 2:00 Computer Assistance</p> <p>1:00 Just Dance</p> <p>1:00 Wii FUN</p>	<p>31</p> <p>8:45 Aerobics</p> <p>9:00 SilverStriders</p> <p>9-11 Silver Threads & Needles</p> <p>10:00 Fun/Fellowship/Singing</p> <p>11:15 CHAIR EXERCISE</p> <p>11:30 BIRTHDAY RECOGNITION</p> <p>12:30 Slow-moving Exercise</p> <p>1:00 TABLE TENNIS</p>

HOURS OF OPERATION: MONDAY 7:30 a.m. – 5:00 p.m. TUESDAY – FRIDAY 8:30 a.m. – 5:00 p.m.

DAILY DROP-IN EVENTS INCLUDE: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Newspaper & Magazines, Coupon Room, Computer Lab, Chair Fitness Videos, Medical Equipment, Exercise Equipment, TV & Conversation, Library, Puzzles, Public Transportation Stop