

2018 January	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>REMINDERS</p> <p>County Lunch and Van Reservations must be made 24 hours in advance by NOON and are only available on weekdays. New participants must fill out a registration form.</p> <p>Suggested Donation for Lunch-\$1.25</p> <p>BINGO</p> <p>Monday -Friday 10:00 11:15</p> <p>BINGO CANCELLED Jan. 16</p> <p>WISH LIST</p> <p>Cookies Coffee Napkins Paper Towels</p> <p>PLEASE NOTE THAT ALL CLASSES, PROGRAMS, AND EVENTS ARE SUBJECT TO CHANGE AND CANCELLATION.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>HOURS Monday - Friday 8am - 4pm Saturday 9am - 1pm</p> </div>		2	3	4	5	6
	CLOSED	9:00 Chair Yoga-Lynn 11:30 Salisbury Steak 1:30 Painting Class 2:00 Shuffleboard	9:30 Tai Chi - Hasmig 11:30 Roasted Chicken Leg 12:15 Chair Yoga-Mary 1:00 Scrabble/MahJong	8:30 Yoga Mat Class 10:00 Exercise-Lynn 11:00 Meditation 11:30 Baked Ziti 12:30 Rummikub 1:00 Rummy/Cards	10:00 Tone&Strength Ex 11:30 Baked Tilapia 12:30 Rummikub 1:00 Social Bridge 1:00 Movie Matinee	Wellness Program Tai Chi 9:30 Move & Groove 10:00 10:30 Light Breakfast 11:00 Brain Games
	8	9	10	11	12	13
	9:45 Aerobics-Mary 11:30 Balsamic Chicken 12:15 Tai Chi-Hasmig 12:30 Mah Jong 1:00 Social Bridge <i>Art Workshop</i>	9:00 Chair Yoga-Lynn 11:30 Eggplant Rollatini 1:30 Painting Class 2:00 Shuffleboard <i>Senior Benefit</i>	9:30 Tai Chi - Hasmig 10:30 Cerebral Gymnastics 11:30 Pot Roast/Gravy 12:15 Chair Yoga-Mary 12:30 Rummikub 1:00 Scrabble/MahJong	8:30 Yoga Mat Class 10:00 Exercise-Lynn 11:00 Meditation 11:30 Pollack Fish 12:30 Rummikub 1:00 Rummy/Cards <i>Woodcrest Party</i>	10:00 Tone&Strength Ex 11:30 Roast Turkey/Gravy 12:30 Rummikub 1:00 Social Bridge 1:00 Movie Matinee	CLOSED
	15	16	17	18	19	20
	CLOSED	9:00 Chair Yoga-Lynn 11:30 Baby Back Ribs 1:30 Painting Class 2:00 Shuffleboard <i>Coloring Event</i>	9:30 Tai Chi - Hasmig 11:30 Cod Florentine 12:15 Chair Yoga-Mary 12:30 Rummikub 1:00 Scrabble/MahJong	8:30 Yoga Mat Class 10:00 Exercise-Lynn 11:00 Meditation 11:30 Chicken Marsala 12:30 Rummikub 1:00 Rummy/Cards	9:00 Tone&Strength Ex 11:30 Veggie Lasagna 12:30 Rummikub 1:00 Social Bridge 1:00 Movie Matinee <i>Ballroom Dancing</i>	Wellness Program Tai Chi 9:30 Move & Groove 10:00 10:30 Light Breakfast 11:00 Brain Games
	22	23	24	25	26	27
	9:45 Aerobics-Mary 11:30 Sausage/Peppers 12:15 TaiChi-Hasmig 1:00 Social Bridge	9:00 Chair Yoga-Lynn 11:30 Breaded Tilapia 1:30 Painting Class 2:00 Shuffleboard <i>JAG Program</i>	9:30 Tai Chi - Hasmig 11:30 Chicken Fajita 12:15 Chair Yoga-Mary 12:30 Rummikub 1:00 Scrabble/MahJong	9:00 Yoga Mat Class 10:00 Exercise-Lynn 11:00 Meditation 11:30 Meatloaf/Gravy 12:30 Rummikub 1:00 Rummy/Cards	9:30 Tone&Strength Ex 11:30 Chicken Cordon Bleu 12:30 Rummikub 1:00 Social Bridge 1:00 Movie Matinee	Wellness Program Tai Chi 9:30 Move & Groove 10:00 10:30 Light Breakfast 11:00 Brain Games
	29	30	31			
	9:45 Aerobics-Mary 11:30 Turkey Burger 12:15 Tai Chi-Hasmig 1:00 Social Bridge	9:00 Chair Yoga-Lynn 11:30 Chicken & Broccoli 1:30 Painting Class 2:00 Shuffleboard	9:30 Tai Chi - Hasmig 11:30 Penne/Meatballs 12:15 Chair Yoga-Mary 12:30 Rummikub 1:00 Scrabble/MahJong <i>Registration Day</i>			