

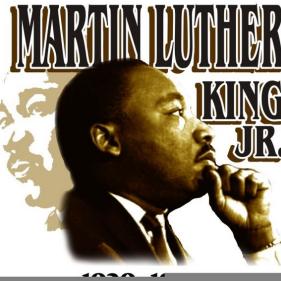
Monday

Tuesday

Wednesday

Thursday

Friday

<p>MUSIC APPRECIATION JANUARY 4 KATHRYN GRAYSON, ACTRESS & COLORATURA SOPRANO</p> <p>KEY: Red—Virtual Black—Onsite Blue—Hybrid Green—Outside</p>	<p>January Martin Luther King Jr. - Jan 19</p> 	<p>"ALL SEATING IS AVAILABLE FOR ATTENDEES"</p> <p>COMPUTER HELP AND LAB AVAILABLE 10:00 TO 4:00 (BY APPOINTMENTS) WITH CAROLINE</p>	<p>1</p> <p>NEW YEAR'S DAY</p> 	<p>2</p> <p>10:00 Get Fit with Stuart 10:00 Sculpture Studio 11:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 2:00 Concerts in Motion: Celebration Friday 1:15 Leisure Games—Beginners Bridge</p>	
5	<p>10:00 Leisure Games—Canasta, Mah Jongg 10:00 Get Fit with Stuart 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge 1:00 Current Events w/Tim 1:30 Chair/Chi/Prana w/Melissa 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>6</p> <p>THREE KING DAY</p> <p>10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Tech Group w/Caroline 11:00 Total Body Sculpt w/Sarah 11:00 Brain Booster/Trivia 12:00 Concerts in Motion: Songbook Tuesday 12:00 Lunch 1:00 Collage Class w/Annelen 1:00 Coloring Books 1:00 Tech Group w/Caroline 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>7</p> <p>9:00 Breakfast Club 10:00 Women's Empowerment Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 Trip: Kohls 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Leisure Games—Mah Jongg 1:00 Journaling for Creatives During Difficult Times 1:00 Caregivers Group w/ G.G. 1:00 Movie: New Year's Eve</p>	<p>8</p> <p>9:00 Chair Yoga w/ Anita 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Chorus with Cheryl 2:30 Guided Meditation w/Barbara 2:30 Watercolor with April</p>	<p>9</p> <p>10:00 Get Fit with Stuart 10:00 Sculpture Studio 11:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 2:00 Concerts in Motion: Celebration Friday 1:15 Leisure Games—Beginners Bridge</p>
12	<p>10:00 Leisure Games—Canasta, Mah Jongg 10:00 Get Fit with Stuart 11:00 Poetry Group 11:30 Trip: Trader Joes' 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Current Events w/Tim 1:00 NEW: Caregivers Series Welcome & Caregivers' Role 1:30 Chair/Chi/Prana w/Melissa 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>13</p> <p>10:00 Qi Gong with Bruce 10:00 Trip Committee Mtg. 10:00 Memoir Writing 11:00 Total Body Sculpt w/Sarah 11:00 Tech Group w/Caroline 11:00 Brain Booster/Trivia 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Collage Class w/Annelen 1:00 Coloring Books 1:00 Tech Group w/Caroline 1:15 Overview: The Right Care at the right Time: Hospice & Palliative Care With GG & Liz 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>14</p> <p>9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Women's Empowerment Group w/GG 10:00 Pastels w/Daniel Hauben 10:45 Trip: American Folk Art Museum 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Journaling for Creatives During Difficult Times 1:00 Leisure Games—Mah Jongg 1:00 Movie: Guess Who's Coming to Dinner?</p>	<p>15</p> <p>9:00 Chair Yoga w/ Anita 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Chorus with Cheryl 2:30 Watercolor with April</p>	<p>16</p> <p>MARTIN LUTHER KING CELEBRATION</p> <p>10:00 Get Fit with Stuart 10:00 Sculpture Studio 11:00 Feldenkrais 11:00 Creative Writing 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 Leisure Games—Beginners Bridge 1:15 Presentation: Building a Dream—The Key People that Inspired MLK 2:00 Concerts in Motion: Celebration Friday</p>
19	<p>CENTER CLOSED MARTIN LUTHER KING</p> 	<p>20</p> <p>BAKE SALE—9 TO 11 AM</p> <p>10:00 Qi Gong with Bruce 10:00 Memoir Writing 10:15 Trip: Walmart 11:00 Total Body Sculpt w/Sarah 11:00 Brain Booster/Trivia 11:00 Tech Group w/Caroline 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Collage Class w/Annelen 1:00 Coloring Books 1:00 Advisory Council Meeting 1:00 Presentation: <i>Lighthouse for Healthy Eyes: Tips to maintain important for Good Eye Health</i> 1:00 Tech Group w/Caroline 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>21</p> <p>BIRTHDAY PARTY</p> <p>9:00 Breakfast Club 10:00 Women's Empowerment 10:00 Pastels w/Daniel Hauben 10:30 DFTA: "How to Stay Strong As you Age Signs of muscle loss. Presented by Dr. Roger Lin 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Caregivers Group w/GG 1:00 Leisure Games—Mah Jongg 1:00 Journaling for Creatives During Difficult Times 1:00 BIRTHDAY PARTY 2:30 Movie: Larry Crowne 5:00 Phoenix Museum Presents: "The Art of Colonial Mexico"</p>	<p>22</p> <p>9:00 Chair Yoga w/ Anita 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 12:00 Concerts in Motion: Coffeehouse Thursday 12:00 Lunch 1:00 Chorus with Cheryl 2:30 Watercolor with April</p>	<p>23</p> <p>10:00 Get Fit with Stuart 10:00 Sculpture Class 10:15 Trip: Hobby Lobby 11:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:00 Author Presentation: "River" by Leslie Day 1:15 Leisure Games—Beginners Bridge 2:00 Concerts in Motion: Celebration Friday</p>
26	<p>10:00 Leisure Games—Canasta, Mah Jongg 10:00 Get Fit with Stuart 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Current Events w/Tim 1:00 Caregivers Series: Journeys & Coping skills 1:30 Chair/Chi/Prana w/Melissa 2:15 Horticultural Therapy 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>27</p> <p>10:00 Memoir Writing 10:00 Total Body Sculpt /Sarah 11:00 Brain Booster/Trivia 11:00 Tech Group w/Caroline 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Collage Class w/Annelen 1:00 Coloring Books 1:00 Tech Group w/Caroline 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>28</p> <p>9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Women's Empowerment Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 Presentation: Glaucoma with Montefiore 11:00 Fit for Life w/Sarah 11:45 Trip: Serafina Restaurant 12:00 Lunch 1:00 Movie: <i>A RIVER RUNS THROUGH IT</i> 1:00 Journaling for Creatives During Difficult Times 1:00 Leisure Games—Mah Jongg</p>	<p>29</p> <p>HORACE MANN VISIT</p> <p>9:00 Chair Yoga w/ Anita 9:45 Chair Yoga w/ Anita 10:00 Horace Mann 10th Graders Visit 10:00 Knitting Club 12:00 Concerts in Motion: Coffeehouse Thursday 12:00 Lunch 1:00 Chorus W/Cheryl 1:00 Folk Dancing 1:00 Social Action 2:30 Watercolor with April</p>	<p>30</p> <p>10:00 Get Fit with Stuart 10:00 Sculpture Class 10:00 Know Your Medications, Presented by St. John's University 11:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 Leisure Games—Beginners Bridge 2:00 Concerts in Motion: Celebration Friday</p>