



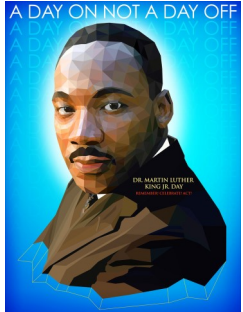





Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>KEY</b> # = See Newsletter for Description ** = Must Register \$ = Has Materials Fee</p>	<p><b>One-to-One Computer Instructions Wednesday &amp; Thursday by appointment (Register in the Office) (See Newsletter for Ad)</b></p>	<p><b>NEW YEARS' HOLIDAY CENTER CLOSED</b></p> 	<p>10:00 Knitting Group 2 10:00 Watercolor 10:00 Adjusting to Change With Paul Heron, LCSW 11:00 Exercise for Mobility 11:00 Trivia Game 1:00 Grief Support Group with Susan Cohen LCSW Write On! -Writing Class 2:00 Yoga For Joint Health</p>	<p>9:00 Mat/Chair Yoga 3 10:00 Sculpture 10:30 Balance &amp; Strength Based Exercise 11:00 Women in Fact and Fiction: "Wood and Szold - Two Henriettas" 11:15 Trip: Hibachi Grill** 1:00 Karaoke 1:00 Social Action Committee 1:00 Natural Wellness Workshops: 2:15 Art &amp; Culture: Mark Rothko 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 6 10-12 Health Mgmt./B.P. 10:00 Canasta 10:00 Current Events 11:00 Women's Support Grp 11:00 Tai Chi Gong 12:30 Leisure Games: Duplicate Bridge 1:00 Mah-Jongg 1:00 Meditation: Path to Empowerment Deepak Chopra 9 1:15 Poetry Class 2:00 Feldenkrais: Easier Standing 3:00 Qi Gong/Tai Chi</p>	<p>9:30 <b>BAKE SALE</b> 7 9:45 Balance &amp; Strength Based Exercise 10:00 Mixed Media Class 11:00 Belly Dancing 1:00 Coloring Books 1:00 Presentation: <b>CAPTIONCALL# with C. Darty</b> 2:00 Reimaging Ourselves Grp With Paul Heron, LCSW 2:00 Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group With Paul Heron, LCSW 3:45 Intergenerational: Horace Mann Service Learning Team</p>	<p>10:00 Leisure Game: Nuplicate Bridge 8 10:00 Drama 10:00 Life Transition Group with Susan Cohen LCSW 10:00 Zumba Gold 11:00 Chair Exercise 12:45 Movie: <b>Downtown Abbey</b> 1:00 Savvy Solos Group With Selina Ng, MSW 3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge</p> 	<p>10:00 Knitting Group 9 10:00 Watercolor 10:00 Adjusting to Change With Paul Heron, LCSW 11:00 Exercise for Mobility 11:00 Trivia Game 1:00 Grief Support Group with Susan Cohen LCSW Write On! -Writing Class 1:00 Presentation: "Poison Prevention in the Home" <b>Poison Control Center Dilem Valenzuela</b> 2:00 Yoga For Joint Health</p>	<p>9:00 Mat/Chair Yoga 10 10:00 Sculpture 10:30 Balance &amp; Strength Based Exercise 1:00 RSS Chorus 2:00 Screen Writing 101** with Bruce 2:15 Music Appreciation: <b>Back up Singers</b> 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 13 10-12 Health Mgmt./B.P. 10:00 Canasta 10:00 Current Events 11:00 Women's Support Grp 11:00 Tai Chi Gong 12:30 Leisure Games: Duplicate Bridge 1:00 Nutrition: <b>T.B.D.</b> Dee of Hudson Pointe 1:00 Mah Jongg 1:00 Meditation: Path to Empowerment Deepak Chopra 10 1:15 Poetry Class 2:00 Book Club "The Painter" 3:00 Qi Gong/Tai Chi</p>	<p>9:30 Trip: <b>WNET—Channel **</b> 14 9:45 Balance &amp; Strength Based Exercise 10:00 Mixed Media Class 11:00 Folk Dancing 1:00 Coloring Books 1:00 Presentation: <b>Fraud Alerts by StateWide#</b> 1:30 Intergenerational Prgm: Kinneret 2nd graders 2:00 <b>BRIC-A-BRAC JANUARY CLEARANCE \$5 BAG SALE</b> 2:00 Reimaging Ourselves Grp With Paul Heron, LCSW 2:00 Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group With Paul Heron, LCSW 3:45 Intergenerational: Horace Mann Service Learning Team</p>	<p>9:00 Breakfast Club 15 9:00 <b>BRIC-A-BRAC JANUARY CLEARANCE \$5 BAG SALE</b> 10:00 Life Transition Group with Susan Cohen LCSW 10:00 Drama 10:00 Zumba Gold 10:00 Leisure Game: Nuplicate Bridge 11:00 Chair Exercise 11:15 Trip: <b>Kohls</b> 12:45 Movie: <b>Judy</b> 1:00 Caregiver Support Group for Spouses with Susan Cohen LCSW 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 16 10:00 Watercolor 10:00 Adjusting to Change With Paul Heron, LCSW 11:00 Exercise for Mobility 11:00 Trivia Game 1:00 Presentation: <b>Vision Zero by # Safety Campaign Program Dept. of Transportation</b> 1:00 Grief Support Group with Susan Cohen LCSW Write On! -Writing Class 2:00 Yoga For Joint Health</p>	<p>9:00 Mat/Chair Yoga 17 10:00 Sculpture 10:30 Balance &amp; Strength Based Exercise <b>AFTERNOON CLASSES CANCELLED</b> 1:00 Presentation: <b>RSS Honors Rev. Martin Luther King #</b></p> 
<p>20 <b>MARTIN LUTHER KING HOLIDAY CENTER CLOSED</b></p> 	<p>9:45 Balance &amp; Strength Based Exercise 21 10:00 Mixed Media Class 10:00 <b>Advisory Council Trip Committee Mtg.</b> 11:00 Belly Dancing 12:30 Leisure Games: Duplicate Bridge 1:00 Presentation: <b>"Plan for Your Future and Avoid Guardianship:" Littman &amp; Krooks</b> 1:00 Coloring Books 2:00 Reimaging Ourselves Grp With Paul Heron, LCSW 2:00 Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group With Paul Heron, LCSW 3:45 Intergenerational: Horace Mann Service Learning Team</p>	<p>10:00 Leisure Game: Nuplicate Bridge 22 10:00 Drama 10:00 Zumba Gold 10:00 Life Transition Group with Susan Cohen LCSW 11:00 Chair Exercise 1:00 Savvy Solos Group With Selina Ng, MSW 12:45 Movie: <b>Betty &amp; Corett</b> 3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge</p> 	<p>10:00 Knitting Group 23 10:00 Watercolor 10:00 Adjusting to Change With Paul Heron, LCSW 11:00 Exercise for Mobility 11:00 Trivia Game 1:00 Grief Support Group with Susan Cohen LCSW Write On! -Writing Class 1:00 Presentation: <b>"Living Better with Glaucoma "</b> 2:00 Yoga For Joint Health 3:45 <b>Women's Circle#</b> Movie, and dinner discussion: <b>Louisa May Alcott: The Woman Behind "Little Women"</b></p> 	<p>9:00 Mat/Chair Yoga 24 10:00 Sculpture 10:30 Balance &amp; Strength Based Exercise 11:00 Reading Hour 11:15 Trip: <b>Sammy's Restaurant**</b> 1:00 Short Stories: <b>The Other Two by Edith Wharton</b> 1:00 RSS Chorus 2:00 Screen Writing 101** with Bruce 2:15 Music Appreciation: <b>Frank Sinatra</b> 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 27 10-12 Health Mgmt./B.P. 10:00 Canasta 10:00 Current Events 11:00 Women's Support Group 11:00 Tai Chi Gong 11:15 Trip: <b>Aldi Supermarket**</b> 12:30 Leisure Games: Duplicate Bridge 1:00 Mah-Jongg 1:00 Meditation: Path to Empowerment Deepak Chopra 11 1:15 Poetry Class 1:15 Conversation of the Spirit With Rabbi Aaron Frank 3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance &amp; Strength Based Exercise 28 10:00 Mixed Media Class 11:00 Folk Dancing 1:00 <b>Birthdays Celebration** DJ Lex Martinez</b> 1:00 Coloring Books 2:00 Reimaging Ourselves Grp With Paul Heron, LCSW 2:00 Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group With Paul Heron, LCSW 3:45 Intergenerational: Horace Mann Service Learning Team</p>	<p>9:00 Breakfast Club 29 10:00 Drama 10:00 Zumba Gold 10:00 Leisure Game: Nuplicate Bridge 10:00 Life Transition Group with Susan Cohen LCSW 11:00 Chair Exercise 11:15 Trip: <b>Ridgehill Mall**</b> 12:45 Movie: <b>Rosa Parks</b> 1:00 Caregiver Support Group for Spouses with Susan Cohen LCSW 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 30 10:00 Watercolor 10:00 Adjusting to Change With Paul Heron, LCSW 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Grief Support Group with Susan Cohen LCSW Write On! -Writing Class 1:00 Presentation: <b>"Viral Hepatitis" with M. Speciale, RN</b> 2:00 Yoga For Joint Health</p> <p><b>LUNAR NEW YEAR</b></p> 	<p>9:00 Mat/Chair Yoga 31 10:00 Sculpture 10:30 Balance &amp; Strength Based Exercise 11:00 Reading Hour 1:00 Karaoke 2:15 Art &amp; Culture: <b>The Art of The Civil Rights Movement of the 1960's</b> 3:00 Tai Chi Gong</p>