

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
January 2019 Activities		Closed for the Holiday New Year's Day	1 10am-Chair Volleyball 1pm-Chair Exercise 2pm-Book Club 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics	2 10am-BP Screening 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)	3 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Mama Mia" 3pm-YMCA Exercise(\$5) 6pm-Ballroom Dancing	4	5
6	7 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	8 11am-Club Meeting 11:15am-O'Neill 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft	9 10am-Chair Volleyball 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics	10 10am-BP/BS Screening 11am-Winter Home Safety 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5) 6pm-Nickel Bingo	11 9:30am-Bible Discussion Group 11am-Journaling 12pm-Participant Council 1pm-Movie - "Mama Mia II" 3pm-YMCA Exercise(\$5) 6pm-Ballroom Dancing	12	
13	14 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Alzheimer's Support Group 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	15 10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games	16 10am-Chair Volleyball 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics	17 11am-Colon Health 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo	18 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Sleepless In Seattle" 3pm-YMCA Exercise(\$5) 6pm-Ballroom Dancing	19	
20	21 Closed for the Holiday 5:30pm-Low Impact Aerobics Martin Luther King Day Tu B'Shevat	22 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games	23 10am-Chair Volleyball 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics	24 11am-Red Cross 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	25 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "Christopher Robin" 3pm-YMCA Exercise(\$5) 6pm-Ballroom Dancing	26	
27	28 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics Australia Day (observed)	29 10am-BP Screening 11am-Price is Right 11:45am-Lunch(\$4) 1pm-Cards/Games	30 10am-Chair Volleyball 1pm-Chair Exercise 3pm-YMCA Exercise(\$5) 5:30pm-Low Impact Aerobics	31 11am-Super Bowl Chili Cook-Off 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)	Belpre Senior Center		