

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Closed for the Holiday  <small>New Year's Day</small>	<b>2</b> 10am-BP Screening 11am-O'Neill 11:45-Lunch(\$4) 1pm-Cards/Games	<b>3</b> 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low-Impact Aerobics	<b>4</b> 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)	<b>5</b> 10am-Bible Discussion Group 11am-Cooking Club 1pm-Movie	<b>6</b>
<b>7</b>	<b>8</b> 11am-Tai Chi 11:45am-Stretch And Strength 2pm-Chair Volleyball 5:30pm-Low-Impact Aerobics	<b>9</b> 11am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft 6pm-Nickel Bingo	<b>10</b> 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low-Impact Aerobics	<b>11</b> 10am-BP/BS Screening 11am-Back Pain Program 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	<b>12</b> 10am-Bible Discussion Group 11am-Journaling 1pm-Movie	<b>13</b>
<b>14</b>	<b>15</b> Closed for the Holiday  <small>Martin Luther King Day</small>	<b>16</b> 10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games	<b>17</b> 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low-Impact Aerobics	<b>18</b> 11am-Belpre Fire Department 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo	<b>19</b> 10am-Bible Discussion Group 11am-Cooking Club 1pm-Movie	<b>20</b>
<b>21</b>	<b>22</b> 10am-Chi Walking 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low-Impact Aerobics	<b>23</b> 10am-BP Screening 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games	<b>24</b> 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low-Impact Aerobics	<b>25</b> 10am-Elbin Hearing 11am-Let's Make a Deal 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 1pm-Bunco	<b>26</b> 10am-Bible Discussion Group 11am-Journaling 1pm-Movie  <small>Australia Day</small>	<b>27</b>
<b>28</b>	<b>29</b> 10am-Chi Walking 11am-Tai Chi 11:45am-Stretch and Strength 2pm-Chair Volleyball 5:30pm-Low-Impact Aerobics	<b>30</b> 10am-BP Screening 11am-Dr.Hawkins Oral Health 11:45am-Lunch(\$4) 1pm-Cards/Games	<b>31</b> 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low-Impact Aerobics  <small>Tu B'Shevat</small>	<h1>January 2018</h1> <h2>Belpre Senior Center</h2>		