

January 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 9:00 ESL 10:00 BRIDGE 10:00 BLOOD PRESSURE 10/10:30 BEG./ADV. HEALTHY BONES# 10:00 BEG. CANASTA INSTRUCTION# 12:00 MEN'S HAIRCUTS\$/MANICURES\$ 1:00 LEARN TO KNIT CLASS# 1:30 EXERCISE WITH LENORE 7:00 CAREGIVERS SUPPORT GROUP</p>	<p>5 <u>GROCERY SHOP/PATHMARK</u> 9:00 ESL 10:30 SIT & BE FIT 12:00 KNITTING 12:15 CRAFTS# 12:30 LET'S TALK 1:00 BEG. BRIDGE INSTRUCTION 1:30 LIGHT CHAIR EXERCISE#</p>	<p>6 9:00 ESL 9:00 MESSAGES 10:00 SQUARE DANCE 11:00 WOMEN'S HAIRCUTS 12:00 EXERCISE WITH KAHLIL#\$ 12:00 SIT & BE FIT 12:15 COMPUTER 12:15 BANKING 1:30 EXERCISE WITH LENORE 6:30 WEDNESDAY NIGHT BINGO</p>	<p>7 <u>GROCERY SHOP/E.B. SHOP RITE</u> 9:00 ESL 10:30 TAI CHI 10:45 ART STUDIO 1:00 MEMORY MATTERS 1:00 BRIDGE INSTRUCTION 1:30 STRENGTH TRAINING</p>	<p>8 <u>NO PHOTO ID'S IN JANUARY</u> 9:00 MESSAGES 9:30 YOGA#\$ 10:30 BURLINGTON, ROUTE 130 \$3 1:00 STITCH & SEW 1:15 EXERCISE WITH LENORE</p>
<p>11 9:00 ESL 10:00 BRIDGE 10:00 BLOOD PRESSURE 10/10:30 BEG./ADV. HEALTHY BONES# 10:00 BEG. CANASTA INSTRUCTION# 12:00 MEN'S HAIRCUTS\$/MANICURES\$ 12:15 SPEAKER: TAX PREPARATION 1:00 LEARN TO KNIT CLASS# 1:30 EXERCISE WITH LENORE</p>	<p>12 <u>GROCERY SHOP/PATHMARK/KMART</u> 9:00 ESL 10:30 SIT & BE FIT 12:00 KNITTING <u>SOCIOLOGY CLASS VISIT</u> 12:15 CRAFTS# 12:30 LET'S TALK 1:00 BEG. BRIDGE INSTRUCTION 1:30 LIGHT CHAIR EXERCISE #</p>	<p>13 9:00 ESL 9:00 MESSAGES\$ 10:00 SQUARE DANCE 11:00 LUNCH BUNCH/SPOTSWOOD DIN. \$3 12:00 EXERCISE WITH KAHLIL#\$ 12:15 COMPUTER 1:30 EXERCISE WITH LENORE 6:30 WEDNESDAY NIGHT BINGO</p>	<p>14 <u>GROCERY SHOP/E.B. SHOP RITE</u> 9:00 ESL 10:30 TAI CHI 10:45 ART STUDIO 11:00 COLLETTE TOURS PRESENTATION 1:00 BRIDGE INSTRUCTION 1:30 STRENGTH TRAINING</p>	<p>15 9:00 MESSAGES\$ 9:30 YOGA # \$ 12:00 HONG KONG MARKET \$3 1:00 STITCH & SEW 1:15 EXERCISE WITH LENORE</p>
<p>18 <u>CENTER CLOSED</u> MARTIN LUTHER KING BIRTHDAY</p>	<p>19 <u>GROCERY SHOP/PATHMARK</u> 9:00 ESL 9:30 VISITING NURSE 9:30 EXEC. BOARD 10:30 SIT & BE FIT 12:00 KNITTING 12:15 CRAFTS# 12:30 LET'S TALK 1:00 BEG. BRIDGE INSTRUCTION 1:30 LIGHT CHAIR EXERCISE #</p>	<p>20 9:00 ESL 9:00 MESSAGES\$ 10:00 SQUARE DANCE 11:00 ZIMMERLI MUSEUM \$3 11:00 WOMEN'S HAIRCUTS 11:30 BIRTHDAY CELEBRATION 12:00KAHLIL EXER.#\$ 12:15 COMPUTER 1:30 EXERCISE WITH LENORE 6:30 WEDNESDAY NIGHT BINGO</p>	<p>21 <u>GROCERY SHOP/E.B. SHOP RITE</u> 9:00 ESL 10:30 TAI CHI 10:45 ART STUDIO 1:00 MEMORY MATTERS 1:00 BRIDGE INSTRUCTION 1:30 STRENGTH TRAINING</p>	<p>22 9:00 MESSAGES\$ 9:30 YOGA # \$ 12:00 GENERAL MEETING 1:00 STITCH & SEW 1:15 EXERCISE WITH LENORE</p>
<p>25 9:00 ESL 10:00 BLOOD PRESSURE /BRIDGE 10/10:30 BEG./ADV. HEALTHY BONES# 10:00 BEG. CANASTA INSTRUCTION# 11:00 LUNCH BUN./RED LOBSTER \$3 12:00 MEN'S HAIRCUTS \$/MANICURES\$ 1:30 EXERCISE WITH LENORE</p>	<p>26 <u>GROCERY SHOP/PATHMARK</u> 9:00 ESL 10:30 SIT & BE FIT 12:00 KNITTING 12:15 CRAFTS# 12:30 LET'S TALK 1:00 BEG. BRIDGE INSTRUCTION 1:30 LIGHT CHAIR EXERCISE#</p>	<p>27 9:00 MESSAGES\$ 10:00 SQUARE DANCE 10:30 WENDY'S/XMAS SHOP \$3 12:00 KAHLIL EXER#.\$ 12:15 COMPUTER 1:30 EXERCISE WITH LENORE 6:30 WEDNESDAY NIGHT BINGO</p>	<p>28 <u>GROCERY SHOP/E.B. SHOP RITE</u> 9:00 ESL 10:00 HOPE & HEALING 10:30 TAI CHI 10:45 ART STUDIO 1:00 BRIDGE INSTRUCTION 1:30 STRENGTH TRAINING</p>	<p>29 9:00 MESSAGES\$ 9:30 YOGA#\$ 11:15 FITNESS IN A CHAIR EXERCISE 1:00 STITCH & SEW 1:15 EXERCISE WITH LENORE</p>
<p>MONDAY, FEB. 1ST LUNCH BUNCH/IHOP \$3.00 SIGN UP AT FRONT DESK</p>	<p>UNDERLINED - SIGN UP # PRE-REGISTRATION REQUIRED \$ FEE REQUIRED *** REGISTER REGISTRATION DAY</p> <p>EXACT CHANGE PLEASE FOR LUNCH BUNCH - \$3.00 CASH</p>	<p>WEDNESDAY NIGHT BINGO EVERY WEDNESDAY AT 6:30 P.M. CALL FOR TRANSPORTATION</p>	<p>WEDNESDAY, FEB. 10TH CHINESE NEW YEAR LUNCHEON SIGN UP AT FRONT DESK</p>	