

# January

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**Happy New Year**  
**Senior Center**  
**closed**  
**&**  
**NO Home**  
**Delivered Meals**

**8:30** Committee on Aging meeting  
**9:00** Fitness Fun  
**9:00** Yoga  
**11:30** Lunch  
**12:00** Footcare Appts  
**1:00** Movie: Peter Pan & Wendy  
**2:00** ATI Presentation

**9:00** Fitness Fun  
**9:00** Senior Yoga  
**11:30** Lunch  
**12:00** Footcare

**9:00** Fitness Fun  
**9:00** Yoga  
**11:30** Lunch  
**12:00** Footcare Appts  
**1:00** Movie: Hello Dolly

**9:00** Fitness Fun  
**9:00** Yoga  
**11:30** Lunch  
**12:00** Footcare Appts  
**1:00** Movie: Little Women

**8:30** Footcare Appts  
**9:15** Simply Seniors  
**9:30** Mahjong  
**10:30** Arthritis Exercise  
**1:00** BINGO  
**1:00** Dominoes  
**1:00** Let's Get Moving

**NO Home Delivered Meals**

**8:30** Footcare Appts  
**9:15** Simply Seniors  
**9:30** Mahjong  
**10:30** Arthritis Exercise  
**10:30** Blood Pressure Screening  
**11:30** Lunch  
**1:00** BINGO  
**1:00** Dominoes  
**1:00** Let's Get Moving

**8:30** Footcare Appts  
**9:15** Simply Seniors  
**9:30** Mahjong  
**10:30** Arthritis Exercise  
**11:30** Lunch  
**1:00** BINGO  
**1:00** Dominoes  
**1:00** Let's Get Moving

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**9:30** Mahjong  
**10:30** Arthritis Exercise  
**11:30** Lunch  
**1:00** BINGO  
**1:00** Dominoes  
**1:00** Let's Get Moving

**8:30** Footcare Appts  
**9:00** Yoga  
**9:15** Bowling at the Hook  
**10:00** Card Creators  
**11:30** Lunch  
**1:30** Cribbage  
**2:00** EnerChi

**8:30** Footcare Appts  
**9:00** Yoga  
**9:15** Bowling at the Hook  
**10:00** Card Creators  
**11:30** Lunch  
**1:30** Cribbage  
**2:00** EnerChi

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**10:00** Card Creators  
**11:30** Lunch  
**1:30** Cribbage  
**2:00** EnerChi

**8:30** ADRC Benefit Specialist  
**9:00** Cardio Drumming  
**9:15** Simply Seniors  
**11:30** Lunch  
**1:00** Sheepshead  
**1:00** Hospice Presentation

**9:00** Cardio Drumming  
**9:15** Simply Seniors  
**11:30** Lunch  
**1:00** Sheepshead  
  
**12:00-** Friends of the TRSC ANNUAL Board Meeting

**9:00** Cardio Drumming  
**9:15** Simply Seniors  
**11:00** Red Hattitudes  
**11:30** Lunch  
**1:00** Sheepshead

**12-2pm- Birthday lunch & Party!**

**9:00** Cardio Drumming  
**9:15** Simply Seniors  
**11:30** Lunch  
**1:00** Sheepshead

**Special Dates**  
**January 1st-** New Years. Senior Center Closed. No Home Delivered Meals  
**January 2nd-** No Home Delivered Meals  
**January 8th-** Committee on Aging meeting at 8:30am  
**January 8th-** ATI Presentation @2 pm  
**January 18th-** Birthday Party with lunch @12 pm

**8:30** Quilting  
**9:00** BINGO Brunch  
**11:30** Lunch

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**9:00** BINGO Brunch  
**11:30** Lunch

Creation Station reservation deadline

**8:30** Quilting  
**9:00** BINGO Brunch  
**11:30** Lunch

Creation Station pick up

**8:30** Quilting  
**9:00** BINGO Brunch  
**11:30** Lunch

Call 920-793-5596 to sign up for classes and activities today!