



January 2012

DATES TO REMEMBER

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------|--|--|--|---|--|---|
| 1 | 2 <i>Happy New Year!</i> <i>Senior Center Closed</i> | 3 Sew What 9:00 Exercise 9:30 Line Dancing 1:00 | 4 Yoga 8:30 COA mtg. 9:30 T'ai Chi 4:00 | 5 Exercise 9:30 | 6 <i>Fallon Info 10:00</i> Silver Needles 1:00 | 7 |
| 8 | 9 Yoga 8:30 Fit for Life 9:30 | 10 Sew What 9:00 Exercise 9:30 GAC mtg. 11:00 Line Dancing 1:00 | 11 Yoga 8:30 T'ai Chi 4:00 | 12 Exercise 9:30 <i>Senior Legal Clinic—by appointment</i> SALT mtg. 10:00 | 13 Silver Needles 1:00 | 14 |
| 15 | 16 <i>Martin Luther King Jr.</i> <i>Senior Center Closed</i> | 17 Sew What 9:00 Exercise 9:30 Line Dancing 1:00 <i>Birthday Celebration</i> | 18 Yoga 8:30 T'ai Chi 4:00 | 19 Exercise 9:30 <i>Blood Pressure Clinic 10:30</i> | 20 Silver Needles 1:00 | 21 |
| 22 | 23 Yoga 8:30 Fit for Life 9:30 | 24 Sew What 9:00 Exercise 9:30 Line Dancing 1:00 | 25 Yoga 8:30 T'ai Chi 4:00 | 26 Exercise 9:30 | 27 Silver Needles 1:00 | 28 <i>REAS Foundation "Taste of the Towns"</i> <i>At Overlook Hotel Reception Room</i> <i>6:00 - 9:30 pm</i> |
| 29 | 30 Yoga 8:30 Fit for Life 9:30 | 31 Sew What 9:00 Exercise 9:30 Line Dancing 1:00 | | | | <i>* Programs Subject to Change</i> |