
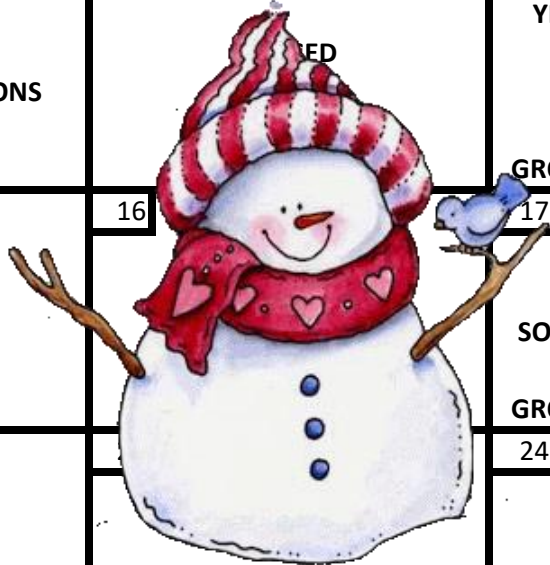


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									
7	<p><b>WELCOME BACK!!</b></p> <p>WII BOWLING SCATTAGORIES</p> <p>GROCERY/ ERRAND DAY</p>	8		9	<p>EXERCISE WITH MARK ART CORNER</p> <p>FRESH CONNECTIONS</p>	10	<p>YMCA MEMBERSHIPS ENROLLMENTS (\$10)</p> 	11	<p>CLOSED</p>
14	<p>IG PROGRAM WII BOWLING ROCK ART</p> <p>GROCERY/ ERRAND DAY</p>			16	<p>BREAKFAST @ BG REHAB FOLDERS</p> <p>FRESH CONNECTIONS</p>	17	<p>TRIP OUT</p>	18	
21		22	<p>CLOSED</p> 	23	<p>EXERCISE WITH MARK REMEMBERING MLK JR. POPCORN &amp; MOVIE</p> <p>FRESH CONNECTIONS</p>	24	<p>FOLDERS MEDITATION/ BODY SCAN</p> 	25	
28	<p>IG PROGRAM WII BOWLING FOLDERS</p> <p>GROCERY/ ERRAND DAY</p>	29		30	<p>EXERCISE WITH MARK PAINT &amp; WINE</p> <p>FRESH CONNECTIONS</p>	31	<p>BIRTHDAY CELEBRATIONS IODINE 1/8</p> <p>BDAY BINGO</p>		



If County Schools are closed due to inclement weather, then the café is closed.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	1		2		3		4		
									
7	CLOSED	8	YOGA VIDEO NEW YEAR'S TRIVIA NEW YEARS RESOLUTIONS SHARING	9	CLOSED	10	YMCA PRESENTATION EXERCISE TIME COLORING HOUR  GROCERIES/ERRAND DAY	11	TRIP OUT RICHMOND MUSEUM
14	CLOSED	15	EXERCISE TIME MOVIE & POP CORN	16		17	EXERCISE TIME SOCK SNOWMAN CRAFT  GROCERIES/ERRAND DAY	18	YOGA VIDEO CORN HOLE GAME BINGO
21	CLOSED	22	NUTRITION CLASS EXERCISE TIME BOX OF FUN ( PUZZLES/DOMINOS/CARDS)	24		WINE & CHEESE EXERCISE TIME KEY CHAIN CRAFT  GROCERIES/ERRAND DAY	25	YOGA VIDEO RECYCLE PROJECT BINGO	
28	CLOSED	29	EXERCISE TIME CONTINUE RECYCLE PROJECT JANUARY BIRTHDAY CELEBRATION	30		CLOSED	31	WII BOWLING GAME BOX OF FUN PUZZLES/DOMINOS/CARDS	




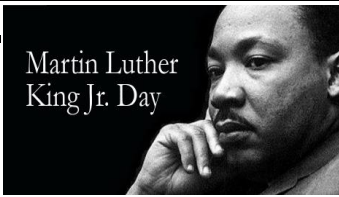



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8 Wii Bowling Scattagories Parachute Marina Creations	9 Yoga Duck Toss Mad Libs Quilt Squares <b>errands</b>	10 Food Bank Horse Races Bingo  Food Lion	11
14	15 Wii Bowling Family Feud Dance or Walk	16 Yoga BINGO Ring Toss  <b>errands</b>	17 <b>TRIP OUT</b>  Food Lion	18
21	22 Movie Wii Bowling Mad Libs Rhinestones Snowflakes	23 Yoga Art Show Beginnings Duck Toss  <b>errands</b>	24 Horse Races BINGO Scattagories  Food Lion	25
28	29 Wii Bowling Flower Posters Parachute Card Games	30 Yoga Polar Bears What's in the Bag  <b>errands</b>	31 Car Races BINGO Family Feud  Food Lion	


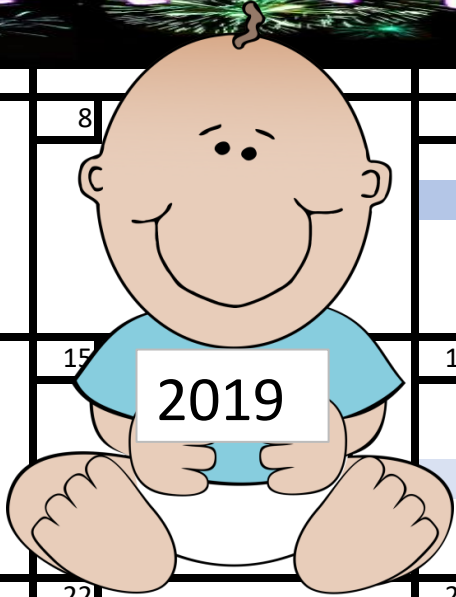







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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1	2	3	4	
7 <i>Welcome Back!</i> Game Day 	8 "APPROACH THE NEW YEAR WITH RESOLVE TO FIND THE OPPORTUNITIES HIDDEN IN EACH NEW DAY." - MICHAEL JOSEPHSON <small>HEALTHYGENERATIONS.COM</small>	9 <i>Happy birthday</i> Delores, Margaret & Gary	10 Movie & Popcorn Word Find Groceries & Errands	11 Craft Fun Coloring Pages Fresh Connection
14 Game Day 		15 16	17 Coloring Pages Let's Dance Birthday Celebration w/ Cheese & Wine Groceries & Errands	18 Craft Fun Game Day Fresh Connection
21  Martin Luther King Jr. Day CLOSED		22 23	24 Trip Out	25 Craft Fun Word Find Fresh Connection
28 Game Day 	29 30	31 Chair Exercises (DVD) Word Find Trivia Fun Groceries & Errands		



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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	1		2		3		4		
									
7			8	9			10	11	
YMCA PRESENTATION HEALTHY STEPS HAPPY NEW YEAR PARTY NEW YEARS RESOLUTIONS ACTIVITY			HEALTHY STEPS 3 D PAPER SNOWFLAKES WINTER BLISS PARTY  GROCERIES /ERRANDS	HEALTHY STEPS PEN PAL ACTIVITY TGIF BINGO					
14			15	16			17	18	
TRIP OUT RICHMOND MUSEUM			HEALTHY STEPS ROCKING SENIOR DAY SNOWFLAKES ROCKS  GROCERIES /ERRANDS	CLOSED			HEALTHY STEPS MOVIES/POP CORN DAY TGIF BINGO		
21	22	23	24	25					
 MARTIN LUTHER KING JR.		HEALTHY STEPS WINE AND CHEESE MINUTE TO WIN IT ACTIVITY  GROCERIES/ERRANDS	 CLOSED	HEALTHY STEPS NEW YEARS COLORING PINK PANTHER DAY TGIF BINGO					
28	29	30	31						
HEALTHY STEPS PENGUIN CRAFT WII BOWLING W/ RAY NUTRITION		HEALTHY STEPS LET IT SNOW CRAFT CONTINUING JOURNALS  GROCERIES /ERRANDS	CLOSED						