

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Town Hall & Senior Center Closed</p>	<p>3 *9:00 Strong Bones + 11:30 Luncheon: BBQ Chicken Breast or Cold Plate 12:30 Bingo/Rummikub</p>	<p>4 Scheduled Shopping NO9:00 Senior Strength & Balance *10:30 Strong Bones + NO10:30 Sr. Fitness 1:00 Needlecraft *1:30 Strong Bones+</p>	<p>5 Scheduled Shopping NO9:00 Silver Sneakers NO10:00 Silver Sneakers Yoga Stretch *9:00 Strong Bones+ 12:30 Mahjongg 12:30 Pinochle</p>	<p>6 Scheduled Shopping 10:00Painting 12:30 Intermediate Bridge 1:00 Quilting</p>
<p>9 Scheduled Shopping 9:00 Aerobics *10:30 Strong Bones + 10:30 Sr. Fitness *1:30 Strong Bones +</p>	<p>10 *9:00 Strong Bones + 11:30 Luncheon: Fish Fillet on WW Bun or Cold Plate 12:00 Food Pantry Raffle 12:30 Bingo/Rummikub</p>	<p>11 Scheduled Shopping 9:00 Senior Strength & Balance *10:30 Strong Bones + 10:30 Sr. Fitness 1:00 Needlecraft *1:30 Strong Bones+</p>	<p>12 Scheduled Shopping 9:00 Silver Sneakers 10:00 Silver Sneakers Yoga Stretch *9:00 Strong Bones + 12:30 Mahjongg 12:30 Pinochle</p>	<p>13 Scheduled Shopping 10:00Painting 12:30 Intermediate Bridge 1:00 Quilting</p>
<p>16 Town Hall & Senior Center Closed Martin Luther King, Jr. Holiday</p>	<p>17 *9:00 Strong Bones + 10:45-11:45 BP Screening 11:30 Luncheon: Pot Roast or Cold Plate 12:30 Bingo/Rummikub</p>	<p>18 Scheduled Shopping 9:00 Senior Strength & Balance 9:30 AARP Defensive Driving Class @ Library *10:30 Strong Bones + 10:30 Sr. Fitness 1:00 Needlecraft *1:30 Strong Bones+</p>	<p>19 Scheduled Shopping Scheduled Legal Appts. 9:00 Silver Sneakers 10:00 Silver Sneakers Yoga Stretch *9:00 Strong Bones + 12:30 Mahjongg 12:30 Pinochle</p>	<p>20 Scheduled Shopping 9:30 AARP Defensive Driving Class @ Library 10:00 Painting 12:30 Intermediate Bridge 1:00 Quilting</p>
<p>23 Scheduled Shopping 9:00 Aerobics *10:30 Strong Bones + 10:30 Sr. Fitness *1:30 Strong Bones +</p>	<p>24 *9:00 StrongBones+ 11:30 Luncheon:Baked Cod or Cold Plate 12:30 Bingo/Rummikub</p>	<p>25 Scheduled Shopping 9:00 Senior Strength & Balance *10:30 Strong Bones + 10:30 Sr. Fitness 1:00 Needlecraft *1:30 Strong Bones+</p>	<p>26 Scheduled Shopping 9:00 Silver Sneakers 10:00 Silver Sneakers Yoga Stretch *9:00 Strong Bones + 12:30 Mahjongg 12:30 Pinochle</p>	<p>27 Scheduled Shopping 10:00 Painting 12:30 Intermediate Bridge 1:00 Quilting</p>
<p>30 Scheduled Shopping 9:00 Aerobics *10:30 Strong Bones + 10:30 Sr. Fitness *1:30 Strong Bones +</p>	<p>31 *9:00 Strong Bones + 11:30 Luncheon:Meat Lasagna or Cold Plate 12:30 Bingo/Rummikub</p>		<p><i>*Strong Bone+ Classes are held at the Town Hall</i></p>	<p><u>Other Strong Bones + Omni:</u> <u>Tues/Thu 9AM</u> <u>St. John's Church:</u> <u>Tues/Fri 9AM</u></p>