

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
2	3	4	5	6	7
CLOSED	9:30am Mah Jongg 10am Strength/Bone Density 11:30am Ageless Grace	10am Gentle Yoga 11am Canasta 2pm ZUMBA® Gold	12:45pm Bridge 1pm Rummikub 1pm Chess	10am Wii Bowling 10am Strength/Bone Density 11:30am Gentle Yoga	
9	10	11	12	13	14
10am Cash Bingo 11am Dominoes 11am Medicare Help Desk 11am Blood Pressure Screening	9:30am Mah Jongg 10am Strength/Bone Density 11:30am Ageless Grace 1pm Snowman Slice	10am Gentle Yoga 11am Canasta 2pm ZUMBA® Gold	12:45pm Bridge 1pm Rummikub 1pm Chess	10am Strength/Bone Density 11:30am Gentle Yoga	
16	17	18	19	20	21
10am Cash Bingo 11am Dominoes	9:30am Mah Jongg 10am Strength/Bone Density 11:30am Ageless Grace	10am Gentle Yoga 11am Canasta 1pm Experience Israel! 2pm ZUMBA® Gold	12:45pm Bridge 1pm Rummikub 1pm Chess	10am Strength/Bone Density 11:30am Gentle Yoga 1pm Bunco	
23	24	25	26	27	28
10am Cash Bingo 11am Dominoes 11:30am 'Seniors Today' - Fall Prevention	9:30am Mah Jongg 10am Strength/Bone Density 11:30am Ageless Grace	10am Gentle Yoga 11am Canasta 2pm ZUMBA® Gold	10am Breakfast with Doc Williams 12:45pm Bridge 1pm Rummikub 1pm Chess	10am Strength/Bone Density 11:30am Gentle Yoga 12:30pm Lunch & a Movie: Top Gun Maverick	
30	31				
10am Cash Bingo 11am Dominoes 11:30am Lunch & Learn - 3R's: Reduce, Reuse, Recycle	9:30am Mah Jongg 10am Strength/Bone Density 11:30am Ageless Grace				

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
		1	2	3	4
		10am Gentle Yoga 11am Canasta 2pm ZUMBA® Gold	12:45pm Bridge 1pm Rummikub 1pm Chess	10am Strength/Bone Density 11:30am Gentle Yoga 1pm Tim Wisley Presents Favorite Chicago Foods	
6	7	8	9	10	11
10am Cash Bingo 11am Therapy Dog Visit 11am Dominoes 1pm Valentine's Day & Easter Card Workshop	9:30am Mah Jongg 10am Strength/Bone Density 11:30am Ageless Grace	10am Brain Gang 10am Gentle Yoga 11am Canasta 2pm ZUMBA® Gold TRIP Four Winds Casino	11am-3pm Taxes (by appt) 12:45pm Bridge 1pm Rummikub 1pm Chess	10am Strength/Bone Density 11:30am Gentle Yoga 10am Super Bowl Bags Tournament & Lunch	
13	14	15	16	17	18
10am Cash Bingo 11am Dominoes 11am Medicare Help Desk 11am Blood Pressure Screening	9:30am Mah Jongg 10am Strength/Bone Density 11am-3pm Taxes (by appt) 11:30am Ageless Grace	10am Rules of the Road 10am Gentle Yoga 11am Canasta 2pm ZUMBA® Gold TRIP A Chorus Line	11am-3pm Taxes (by appt) 12:45pm Bridge 1pm Rummikub 1pm Chess	10am Strength/Bone Density 11:30am Gentle Yoga 1pm Bunco	
20	21	22	23	24	25
10am Cash Bingo 11am Dominoes	9:30am Mah Jongg 10am Strength/Bone Density 11am-3pm Taxes (by appt) 11:30am Ageless Grace	10am Gentle Yoga 11am Canasta 2pm ZUMBA® Gold	11am-3pm Taxes (by appt) 12:45pm Bridge 1pm Rummikub 1pm Chess	10am Strength/Bone Density 11:30am Gentle Yoga 12:30pm Lunch & a Movie: Elvis	
27	28				26
10am Cash Bingo 11am Dominoes 11:30am 'Seniors Today' - Tai Chi	9:30am Mah Jongg 11am-3pm Taxes (by appt) 11:30am Ageless Grace				

FEBRUARY 2023