



January 2019 (sign up for programs/activities begins Wednesday, January 2)

Monday	Tuesday	Wednesday	Thursday	Friday
31 CENTER CLOSED 	1 CENTER CLOSED	2 8:30 Foot Care 9:00 MAREA 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/Canasta 1:00 Lifestory Writing Group	3 8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Bunco/Pinochle 3:00 Applebee's Afternoon Appetizers	4 9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Center Singers 12:45 Classic Film Friday
7 9:15 Advanced Strength Training 9:30 Technology Assistance 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie: The Zoo 1:00 Duplicate Bridge 1:00 Art Studio 5:30 Monday Yoga	8 8:45 Oldies Sweatin' 9:30 Council on Aging 10:00 Gentle Yoga 10:30 Tour: Bison: The Great American Bison; Flint Hills Discovery Center 11:00 Chair Yoga 1:00 Pitch 2:00 Senior Social at west Dairy Queen	9 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/Canasta	10 8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 Eyeglass cleaning & adjustment 11:30 Blood pressure checks & hearing aid cleanings 12:00 Lunch Bunch: Keltic Star 1:00 Bunco/Pinochle	11 9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Sewing Angel 12:45 Center Singers 1:00 Texas Hold 'Em
14 9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie: Ocean's 8 1:00 Duplicate Bridge 1:00 Art Studio 1:30 Alzheimer's Support Group for Caregivers 5:30 Monday Yoga	15 8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 VIP Book Group 2:00 VIP Support Group	16 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/Canasta	17 8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pinochle/Bunco 3:00 Applebee's Afternoon Appetizers	18 9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Center Board Meeting 12:30 Bridge 12:45 Center Singers 12:45 Classic Film Friday
21 CENTER CLOSED 	22 8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 CSFP Box Pick-up & Delivery 12:45 Tips 'n Tricks on Cooking for One 1:00 Pitch	23 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/Canasta	24 8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 10:00 Brunch Bunch: Early Edition 11:00 Chair Yoga 1:00 Pinochle/Bunco	25 9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Sewing Angel 12:45 Center Singers 1:00 Texas Hold 'Em
28 9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie: Sherlock Gnomes 1:00 Duplicate Bridge 1:00 Art Studio 5:30 Monday Yoga	29 KANSAS DAY 8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 Humanities Kansas Presentation: Ron Wilson—Ruralpreneurs: Talents in Kansas Communities	30 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/Canasta	31 8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pinochle/Bunco	