

January 2022

VIRTUAL & IN-PERSON ACTIVITIES



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center; font-size: 2em; color: #00AEEF;">Let it snow, let it snow, let it snow!</p>				<p style="text-align: center; color: #800080;">Kroger 9 or 10am See below which day is Walmart or Target/Meijer 1pm Trip</p>		<p style="color: #00AEEF;">1</p> <p>8:30 Chair Aerobics 10:00am Tai Chi Flow Plus</p>
				<p style="color: #00AEEF;">2</p>	<p style="color: #00AEEF;">3</p>	<p style="color: #00AEEF;">4</p>
	<p>9:30am Daily Calm 9:30am Cardio Strength 11:30 Chair Yoga/Meditation 1:30pm MOVIE: Elizabeth & Margaret: Love and Loyalty</p>	<p>9-9:30 Mugs in the Morning 9:30am Daily Calm 10:00am Better Bal, Safer U, CCCT 11:00am Line Dancing 1:30 Queen's Gambit S1 E 1 & 2</p>	<p>9:30am Daily Calm RSVP FOR MEET BREANNA ON 1/12</p>	<p>9-9:30 Mugs in the Morning 9:30am Daily Calm 10:00am Chair Yoga-Joan 10:00am Better Bal, Safer U 11:00am Tai Chi Flow 1:00pm Euchre-IMC Target/Meijer</p>	<p>9:30am Daily Calm 9:30am Cardio Strength 1:30pm MOVIE: Ali</p>	<p>8:30 Chair Aerobics 10:00am Tai Chi Flow Plus</p>
<p style="color: #00AEEF;">9</p>	<p style="color: #00AEEF;">10</p>	<p style="color: #00AEEF;">11</p>	<p style="color: #00AEEF;">12</p>	<p style="color: #00AEEF;">13</p>	<p style="color: #00AEEF;">14</p>	<p style="color: #00AEEF;">15</p>
	<p>9:30am Daily Calm 9:30am Cardio Strength 11:30 Chair Yoga/Meditation 1:30pm MOVIE: My Fair Lady</p>	<p>9-9:30 Mugs in the Morning 9:30am Daily Calm 10:00am Better Bal, Safer U, CCCT 11:00am Line Dancing 1:30 Queen's Gambit S1 E 3 & 4</p>	<p>9:30am Daily Calm 11-Noon Meet Breanna-The Madison Place Coffee RSVP FOR MEET BREANNA ON 1/19</p>	<p>9-9:30 Mugs in the Morning 9:30am Daily Calm 10:00am Chair Yoga-Joan 10:00am Better Bal, Safer U 11:00am Tai Chi Flow 1:00pm Euchre-IMC Walmart</p>	<p>9:30am Daily Calm 9:30am Cardio Strength 1:30pm MOVIE: RBG 7:00pm Ron Purdon's Sextets-Joseph Beth</p>	<p>8:30 Chair Aerobics 10:00am Tai Chi Flow Plus</p>
<p style="color: #00AEEF;">16</p>	<p style="color: #00AEEF;">17</p>	<p style="color: #00AEEF;">18</p>	<p style="color: #00AEEF;">19</p>	<p style="color: #00AEEF;">20</p>	<p style="color: #00AEEF;">21</p>	<p style="color: #00AEEF;">22</p>
	<p>9:30am Daily Calm 9:30am Cardio Strength 10:30am Diane Shields: 11:30 Chair Yoga/Meditation 1:30pm MOVIE: Found</p>	<p>9-9:30 Mugs in the Morning 9:30am Daily Calm 10:00am Better Bal, Safer U, CCCT 11:00am Line Dancing 1:30 Queen's Gambit S1 E 5 & 6</p>	<p>9:30am Daily Calm 10-11am Meet Breanna-Life of the World Cafe</p>	<p>9-9:30 Mugs in the Morning 9:30am Daily Calm 10:00am Chair Yoga-Joan 10:00am Better Bal, Safer U 11:00am Tai Chi Flow 1:00pm Euchre-IMC Target/Meijer</p>	<p>9:30am Daily Calm 9:30am Cardio Strength 1:30pm MOVIE: Ella Fitzgerald: Just One of Those Things</p>	<p>8:30 Chair Aerobics 10:00am Tai Chi Flow Plus</p>
<p style="color: #00AEEF;">23</p>	<p style="color: #00AEEF;">24</p>	<p style="color: #00AEEF;">25</p>	<p style="color: #00AEEF;">26</p>	<p style="color: #00AEEF;">27</p>	<p style="color: #00AEEF;">28</p>	<p style="color: #00AEEF;">29</p>
	<p>9:30am Daily Calm 9:30am Cardio Strength 11:30 Chair Yoga/Meditation Noon-3:30 Domino Divas & Dudes! CCCT 1:30pm MOVIE: A River Runs Through It</p>	<p>9-9:30 Mugs in the Morning 9:30am Daily Calm 10:00am Better Bal, Safer U, CCCT 11:00am Line Dancing 1:30 Queen's Gambit S1 E 7</p>	<p>9:30am Daily Calm</p>	<p>9-9:30 Mugs in the Morning 9:30am Daily Calm 10:00am Chair Yoga-Joan 10:00am Better Bal, Safer U 11:00am Tai Chi Flow 1:00pm Euchre-IMC Walmart</p>	<p>9:30am Daily Calm 9:30am Cardio Strength 1:30pm MOVIE: Jumanji</p>	<p>8:30 Chair Aerobics 10:00am Tai Chi Flow Plus</p>
<p style="color: #00AEEF;">30</p>	<p style="color: #00AEEF;">31</p>					
	<p>9:30am Daily Calm 9:30am Cardio Strength 11:30 Chair Yoga/Meditation 1:30pm MOVIE: Moneyball</p>	<p>BLUE - In-person activities IMC - Indian Mound Café, Norwood CCCT - Carnegie Center Columbia Tusculum HPL - Hyde Park Library</p>				