

# Senior Wellness Programs — January 2024

Mon	Tue	Wed	Thu	Fri
Jan 1	2	3	4	5
<b>CLOSED for New Year's</b>	<b>9:30am Let's Play Cards!</b> 11:00am SAIL <b>Aerobics</b> <b>12:15pm Senior Café Lunch</b> <i>Soup &amp; Salad</i> <b>Tidbit Tuesday</b>	10:00am <b>Seated SAIL</b>  <b>Music &amp; Memories</b> 12:00-1:00pm  <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafter's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm	
8	<b>Birthday Lunch</b> 9	10	11	12
10:00am <b>Seated SAIL</b>  <b>11:15am Let's Play Cards!</b>	<b>9:30am Let's Play Cards!</b> 11:00am SAIL <b>Aerobics</b> <b>12:15pm Senior Café Lunch</b> with The Nebel's <i>Creamy Chicken Pasta</i>	10:00am <b>Seated SAIL</b>  <b>Music &amp; Memories</b> 12:00-1:00pm  <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafter's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm	
15	16	17	18	19
<b>CLOSED for MLK Day</b>	11:00am SAIL <b>Aerobics</b> <b>12:15pm Senior Café Lunch</b> <i>Tortilla Lasagna</i> <b>Senior Spotlight</b>	10:00am <b>Seated SAIL</b>  <b>Music &amp; Memories</b> 12:00-1:00pm  <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafter's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm	
22	23	24	25	26
10:00am <b>Seated SAIL</b>  <b>11:15am Let's Play Cards!</b>	<b>9:30am Let's Play Cards!</b> 11:00am SAIL <b>Aerobics</b> <b>12:15pm Senior Café Lunch</b> <i>Pot Roast</i> <b>PSE Presentation &amp; Dominoes</b>	10:00am <b>Seated SAIL</b>  <b>Music &amp; Memories</b> 12:00-1:00pm  <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafter's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm	
29	30	31	Feb 1	2
10:00am <b>Seated SAIL</b>  <b>11:15am Let's Play Cards!</b>	<b>9:30am Let's Play Cards!</b> 11:00am SAIL <b>Aerobics</b> <b>12:15pm Senior Café Lunch</b> <i>Baked Potato Bar</i> <b>BINGO</b>	10:00am <b>Seated SAIL</b>  <b>Music &amp; Memories</b> 12:00-1:00pm  <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  <b>Krafty Krafter's</b> Open House 11:30am-2:00pm  <b>Seeds of Change Dinner</b> 5:30-6:30pm	