

JANUARY 2025

calendar of events



Senior Center Hours
Monday - Friday
8:00am - 4:30pm

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W

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F

Important Dates in January

- 7 - Mobile Planetarium
- 14 - Music w. Playing It Forward
- 15 - Celebrate January Birthdays
- 16 - Munson Healthcare Hospital
- 16 - Coffee & Donuts w/ Local first Responders
- 21 - Popcorn & A Movie
- 24 - Veterans Outreach
- 29 - Virtual Trip to Brazil
- 28 - Music w. Suzanne
- 30 - Munson Healthcare Update



1

Happy
New Year

SENIOR CENTER CLOSED

2

- 10 - Cribbage
- 10 - Sit and Fit
- 11 - Grief Support Group
- 1 - Cardio Drumming
- 1 - Chess
- 2 - Depression Support Group

3

- 9 - Tai Chi
- 10 - Balancing & Stretching
- 11 - Self-Parenting/Re-Parenting Class
- 1 - Cardio Drumming
- 1 - Euchre

6

- 9 - Tai Chi
- 10 - Reflexology
- 10 - Dominoes
- 10:15 - You gotta have Art
- 12 - Chair Massage
- 1 - Balance/Stretching
- 1 - Maj Jongg
- 1 - Pinochle
- 2 - Board Games

7

- 9:30 - Foot Clinic
- 10 - Sit and Fit
- 11 - Drop In Tech Help
- 1 - Pinochle
- 1 - Line Dancing
- 2 - Mobile Planetarium
- 2 - Knit & Crochet Circle
- 3:30 - Chair Yoga

8

- 9 - Tai Chi
- 10 - BP Clinic
- 10 - Eyeglass Clinic
- 10:30 - TOPS Mtg.
- 10:30 - Zumba Gold
- 11 - Produce Bingo
- 1 - Cardio Drumming

9

- 10 - Cribbage
- 10 - Sit and Fit
- 1 - Cardio Drumming
- 1 - Chess
- 3 - Dementia Support Group

10

- 9 - Tai Chi
- 10 - Balancing & Stretching
- 11 - Self-Parenting/Re-Parenting Class
- 1 - Streaming Event - Man on the Inside
- 1 - Cardio Drumming
- 1 - Euchre

13

- 9 - Tai Chi
- 10 - Dominoes
- 10:15 - You gotta have Art
- 1 - Balancing/Stretching
- 1 - Mah Jongg
- 1 - Pinochle
- 2 - Board Games

14

- 9:30 - Foot Clinic
- 9:30 - Cards & Coffee
- 10 - Sit and Fit
- 11 - Drop In Tech Help
- 11 - Music w/ Playing It Forward
- 1 - Pinochle
- 1 - Line Dancing
- 2 - Knit & Crochet Circle
- 3:30 - Chair Yoga

15

- 9 - Tai Chi
- 10 - BP Clinic
- 10:30 - TOPS Mtg.
- 10:30 - Zumba Gold
- 11 - Celebrate Birthdays
- 11 - FUN Bingo
- 1 - Cardio Drumming

16

- 10 - Cribbage
- 10 - Sit and Fit
- 11 - Coffee & Donuts w/ Local First Responders
- 11 - Parkinson's Support Group
- 1 - Munson Healthcare Update w/ Annie
- 1 - Housing Comm. Update
- 1 - Cardio Drumming
- 1 - Chess

17

- 9 - Food Bank
- 9 - Tai Chi
- 10 - Balancing/Stretching
- 11 - Self-Parenting/Re-Parenting Class
- 1 - Streaming Event - Man on the Inside
- 1 - Cardio Drumming
- 1 - Euchre

20

- 9 - Tai Chi
- 10 - Dominoes
- 10:15 - You gotta have Art
- 1 - Balancing/Stretching
- 1 - Mah Jongg
- 1 - Pinochle
- 2 - Board Games

MARTIN LUTHER KING JR. DAY

21

- 10 - Sit and Fit
- 11 - Drop In Tech Help
- 1 - Popcorn & A Movie
- 1 - Pinochle
- 1 - Line Dancing
- 2 - Knit & Crochet Circle
- 3:30 - Chair Yoga

22

- 9 - Tai Chi
- 10 - BP Clinic
- 10:30 - TOPS Mtg.
- 10:30 - Zumba Gold
- 11 - FUN Bingo
- 1 - Cardio Drumming
- 1 - Creativity Class w/ Kerry (Art Inst.)

23

- 10 - Cribbage
- 10 - Sit and Fit
- 1 - Travel With Us Informational Meeting
- 1 - Cardio Drumming
- 1 - Chess

24

- 9 - Tai Chi
- 10 - Veterans Outreach
- 10 - Balancing/Stretch
- 11 - Self-Parenting/Re-Parenting Class
- 1 - Streaming Event - Man on the Inside
- 1 - Cardio Drumming
- 1 - Euchre

27

- 9 - Tai Chi
- 10 - Reflexology
- 10 - Dominoes
- 10:15 - You gotta have Art
- 12 - Chair Massage
- 1 - Balancing/Stretching
- 1 - Mah Jongg
- 1 - Pinochle
- 2 - Board Games

28

- 10 - Sit and Fit
- 11 - Drop In Tech Help
- 11 - Music w/ Suzanne
- 1 - Pinochle
- 1 - Line Dancing
- 2 - Knit & Crochet Circle
- 3:30 - Chair Yoga

29

- 9 - Tai Chi
- 10 - BP Clinic
- 10:30 - TOPS Mtg.
- 10:30 - Zumba Gold
- 11 - FUN Bingo
- 1 - Cardio Drumming
- 1 - Virtual trip to Brazil

30

- 10 - Cribbage
- 10 - Sit and Fit
- 1 - Cardio Drumming
- 1 - Chess
- 1 - Munson Healthcare Update w/ Annie

31

- 9 - Tai Chi
- 10 - Balancing/Stretching
- 11 - Self-Parenting/Re-Parenting Class
- 1 - Streaming Event - Man on the Inside
- 1 - Cardio Drumming
- 1 - Euchre