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JANUARY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 PEP CLOSED 	3 Chair Yoga 10-11am BP & Weight 12-1pm Weight Loss Group 1-2:30pm Knitting Circle 2:30-4:30pm	4 Men's Group 10-11am Coloring 12:30-1:30pm Art Class 2-4pm	5 Bid Whist Card Club 1-3pm	6 Salsa @ Dance Room 1-2pm Jewelry Making 2-4pm
9 Women's Circle Trip to Movies: Hidden Figures Bus: 9:45am - 1:30pm	10 Chair Yoga 10-11am BP & Weight 12-1pm Weight Loss Group 1-2:30pm Knitting Circle 2:30-4:30pm	11 SNAP w/ Ada 10am-3pm Coloring 12:30-1:30pm Art Class 2-4pm	12 Curtain Up Exhibit @ Lincoln Center. Bus: 9:30am - 1:30pm	13 Salsa @ Dance Room 1-2pm Jewelry Making 2-4pm
16 PEP CLOSED Dr. Martin Luther King Jr. Day	17 Chair Yoga 10-11am Caregiver Support Group 11am-1pm BP & Weight 12-1pm Weight Loss Group 1-2:30pm Knitting Circle 2:30-4:30pm	18 Men's Group 10-11am Coloring 12:30-1:30pm Art Class 2-4pm	19 Bid Whist Card Club 1-3pm Karaoke @ Library 2-3:15pm	20 Salsa @ Dance Room 1-2pm Jewelry Making 2-4pm
23 "Chronic Health Conditions" Lecture with Mark Adelman 11am-noon Cultural Arts Club 3-4pm	24 Chair Yoga 10-11am Medicare Lecture 11:30am BP & Weight 12-1pm Weight Loss Group 1-2:30pm Knitting Circle 2:30-4:30pm Intergenerational writing Class 4:30pm @ BGC	25 SNAP w/ Ada 10am-3pm Dominoes 10am-noon Coloring 12:30-1:30pm Art Class 2-4pm	26 Movie Club (Watching: Concussion) 1-3pm Nurse @ Oval Drugs 2pm	27 Salsa @ Dance Room 1-2pm Jewelry Making 2-4pm
30	31 Chair Yoga 10-11am BP & Weight 12-1pm Weight Loss Group 1-2:30pm Knitting Circle 2:30-4:30pm Intergenerational writing Class 4:30pm @ BGC	Reminder: Sign up for Free Tax Preparation on February 25th, March 4th & March 5th!	Valentine's Bake Sale! February 9th & 10th @ PEP. Please sign up if you can bake something for us!	Reminder: St. Helena's Church is having a HEALTH FAIR on Sunday, February 12th. Save the date!