January

2025

Sunday	Monday	Tuesday		Wednesday	Thursday	Friday	Saturday
				1	2	3	4
	Please call or text	Please call or text		Closed	Senior lunch 12pm	No Activities	
	614-496-6119	614-496-6119			Chicken, Potatoes & Spinach		
	For senior transportation	To sign up for lunch or			Cards 12:30pm		
	or food pantry	activities			Cardio Drumming 4pm		
5	6		7	8	9	10	11
	Senior Lunch 12pm	Fitness Class 10am			Senior Lunch 12pm	Hot Chocolate Social	
	Pasta w/Tomato Meat	Donuts/Coffee 10:30am		Wrestlefit-\$10 fitness 9am	BBQ Pork, Mac & Cheese,	1pm-2p	
	Sauce and Salad	Euchre 5pm		Chair Volleyball 1p	Corn and Spinach		
	Cards 12:30pm	Cardio Drumming 6pm			Cards 12:30pm		
					Cardio Drumming 4pm		
12	13		14	15	16	17	18
	Senior Lunch 12pm	Fitness Class 10am		Wrestlefit-\$10 Fitness 9am	Senior Lunch 12pm	Mystery Lunch	
	Pizza and Salad	Donuts/Coffee 10:30am		Chair Volleyball 1p	Cheddar Baked Potato Soup	Bus leaves at 11am	
	Cards 12:30pm	Euchre 5pm			with Rolls		
		Cardio Drumming 6pm			Cards 12:30pm		
					Cardio Drumming 4pm		
	20		21	22	23	24	25
19	Closed	Fitness Class 10am		Wrestlefit -\$10 Fitness 9am	Yoga Stretch Class 11:15am	Movie @ the OCC	
		Donuts/Coffee 10:30am		Chair Volleyball 1p	Lunch Meatball Subs 12pm	12pm	
		Euchre 5pm			Cards 12:30pm	Bring a lunch!	
		Cardio Drumming 6pm			Cardio Drumming 4pm		
	27		28	29	30	31	
26	Yoga Stretch Class 11am	Fitness Class 10am		ے۔ Wrestlefit-\$10 Fitness 9am	Yoga Stretch Class 11:15am	<u> </u>	Menu and
	Senior Lunch 12pm	Donuts/Coffee 10:30am		Craft Class 10:30am-12pm	Senior Lunch 12pm		activities are
	Potluck	Euchre 5pm		Chair Volleyball 1p	Cold Sandwiches and Salad		subject to
	Cards 12:30pm	Cardio Drumming 6pm			Cards 12:30pm		change.
					Cardio Drumming 4pm		