



January Activities 2010



S	Monday	Tuesday	Wednesday	Thurs	Friday	Sa
	<p>* asterisk indicates by appointment</p> <p><i>Underlining Indicate's registration required</i></p>				<p>1</p> <p>Closed</p> <p>Holiday</p>	2
3	4	5	6	7	8	9
	<p>11:15 Gym Walk</p> <p>1:00 Canasta</p>	<p>11:15 Gym Walk</p> <p>1:00 Mediation for Healing</p>	<p>10:00 Dance for Health</p> <p>1:00 Writing for Generations</p>	<p>Administrative Day</p>	<p>9:00 Geezers</p> <p>9:30 Tai Chi Int.</p> <p>10:00 Stichin' in the Kitchen</p> <p>11:00 Tai Chi Beg.</p> <p>11:15 Gym Walk</p> <p>Wear your favorite HAT and/or BROOCH DAY!</p>	
10	11	12	13	14	15	16
	<p>11:15 Gym Walk</p> <p>11:30 Seeds of Learning</p> <p>1:00 Canasta</p>	<p>10:00 <u>Chair Massage</u></p> <p>11:15 Gym Walk</p> <p>1:00 Mediation for Healing</p>	<p>10:00 Dance for Health</p> <p>12:45 Fraud Presentation by Musetta</p> <p style="text-align: center;">January Nutrition Education</p>	<p>Administrative Day</p> <p>Art in the Den 5:30 –7:00 p.m.</p>	<p>9:00 Geezers</p> <p>9:30 Tai Chi Int.</p> <p>10:00 Stichin' in the Kitchen</p> <p>11:00 Tai Chi Beg.</p> <p>11:15 Gym Walk</p> <p>12:45 "Structural Integration Bodywork" by Eric Seiler</p>	
17	18	19	20	21	22	23
	<p>Closed</p> <p>Holiday</p>	<p>11:15 Gym Walk</p> <p>1:00 Mediation for Healing</p>	<p>10:00 Dance for Health</p> <p>10:00 <u>Healthy Cooking with Richard Lindblad</u></p> <p>12:45 Three Wishes by Tina Gallegos</p> <p>1:00 <u>Sky Ute Casino</u></p>	<p>Administrative Day</p>	<p>9:00 Geezers</p> <p>9:30 Tai Chi Int.</p> <p>10:00 Stichin' in the Kitchen</p> <p>10:30 Book Club (Higher Grounds Coffee)</p> <p>11:00 Tai Chi Beg.</p> <p>11:15 Gym Walk</p>	
24	25	26	27	28	29	30
31	<p>11:15 Gym Walk</p> <p>11:30 Seeds of Learning</p> <p>1:00 Canasta</p>	<p>11:15 Gym Walk</p> <p>1:00 Mediation for Healing</p>	<p>10:00 Dance for Health</p> <p>1:00 <u>Poker with Chris Scarpa</u></p> <p>1:00 Alzheimer's Support</p>	<p>Administrative Day</p>	<p>9:00 Geezers</p> <p>9:30 Tai Chi Int.</p> <p>10:00 Stichin' in the Kitchen</p> <p>11:00 Tai Chi Beg.</p> <p>11:15 Gym Walk</p>	