



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 NEW YEAR'S DAY OFFICE CLOSED 	2 10:00 Fit For Life 11:30 Stand Up Strength <u>12:00 Weis</u> 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand	3 9:00 Zumba Gold <u>9:30 Banks, Post Office</u> 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch <u>1:30 CVS, \$ Store</u> 2:00 Church 6:00 Blood Pressure Check 7:00 Prayer Time	4 7:00-9:30 Lounge Closed 10:15 Everybody's Yoga 11:00 Tai Chi 1:00 Second Harvest 2:00 Walkers Club <u>4:00 Dinner @ Mivajo's Restaurant</u>	5 8:00 Coffee, Donuts, Bagels & Muffins 12:30 Pinochle
6	7 1 0:00 Fit For Life 11:30 Stand Up for Strength <u>12:00 Shop-Rite</u> 1:00 MOVIE - Book Club 1:30 Committee Meeting 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	8 10:00 Joyful Joints 11:00 Basic Balance <u>12:00 Lunch @ Checkers/ Movie @ Carmike</u> 2:00 General Meeting	9 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Walkers Club 2:30 SPEAKER—New Year, New You 3:00 Snack Stand <u>4:00 Dinner @ Carrabba's Italian Grill</u>	10 9:00 Zumba Gold 10:00 Life Bio 10:00 Joyful Joints <u>10:30 Allentown Farmer's Market/ Lunch @ Ritz</u> 11:00 Church (Esp.) 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Shuffleboard 7:00 Angel Study	11 7:00-9:30 Lounge Closed 10:15 Everybody's Yoga <u>10:30 Shopping @ Kmart/Lunch @ Sal's</u> 11:00 Tai Chi 1:00 Computer Class 1:00 Balance Class 2:00 Walkers Club	12 8:30 Breakfast
13 1:00 Sunday Praise with David	14 10:00 Fit For Life 11:30 Stand Up for Strength <u>12:00 Redner's Market</u> 1:00 MOVIE: Life of the Party 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	15 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church <u>4:00 Dinner @ Beck's Land and Sea House Restaurant</u>	16 10:00 Fit For Life <u>10:30 Shopping @ TJ Maxx/Lunch @ Hibachi Grill</u> 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand	17 9:00 Zumba Gold 10:00 Life Bio 10:00 Joyful Joints 10:00 LV Pops Orchestra 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Shuffleboard 7:00 Prayer Time	18 7:00-9:30 Lounge Closed <u>9:00 Breakfast @ Valley View Diner/Walmart</u> 10:15 Everybody's Yoga 11:00 Tai Chi 1:00 Balance Class 2:00 Walkers Club 2:00 Penny	19 5:00 Soup & Hot Dogs
20	21 MARTIN LUTHER KING JR. DAY OFFICE CLOSED 6:00 BINGO	22 <u>9:30 Giant</u> 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:30 SPEAKER - Market on Wheels	23 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand <u>4:00 Dinner @ Doughboys</u>	24 9:00 Zumba Gold 10:00 Life Bio 10:00 Joyful Joints <u>10:30 Shopping @ Hobby Lobby/ Lunch @ Frank's Restaurant</u> 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church - Memorial Service 6:00 Shuffleboard 7:00 Angel Study	25 7:00-9:30 Lounge Closed 10:15 Everybody's Yoga 11:00 Tai Chi 1:00 Computer Class 1:00 Balance Class 2:00 Walkers Club <u>3:30 Shopping @ Palmer Park Mall/ Dinner @ Olive Garden</u>	26
27 5:00 Social	28 10:00 Fit For Life 11:30 Stand Up for Strength <u>12:00 Wegmans</u> 1:00 MOVIE: Book Club 1:30 Art with Pat Part 1 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	29 APARTMENT INSPECTIONS 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:30 Art with Pat Part 2	30 APARTMENT INSPECTIONS 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand <u>4:00 Dinner @ Oasis Restaurant</u>	31 APARTMENT INSPECTIONS <u>9:00 Breakfast @ Cracker Barrel</u> 9:00 Zumba Gold 10:00 Life Bio 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Shuffleboard		