

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HAPPY 2026!!!! A LOT OF FUN THINGS HAPPENING AT THE CENTER THIS YEAR. COME SEE WHAT AT THE TRAVEL/MEMBER MEETING MON. 1/26. SIGN UP REQUIRED</p>			<p>CALENDAR HIGHLIGHTS</p> <p>1/7 FIREKEEPERS 8:30am 1/9 KARAOKE 12pm 1/14 LUNCH CLUB 11am 1/13 GLEE CLUB 5pm **NEW** 1/14-1/15 - MADONNA NURSING 9am 1/15 ATTORNEY 2pm 1/16 JUKEBOX BINGO 12pm 1/19 MLK DAY-CLOSED 1/20 KARAOKE 12pm</p> <p>1/22 MMAP COUNSELING 10AM 1/26 TRAVEL & MEMBER MEETING 1pm 1/30 PLYMOUTH ICE FESTIVAL 11am</p> <p>1/7 - **NEW** CARDIO DRUMMING 5pm FEBRUARY 2/2 PUZZLE PALOOZA 2/18 GAME NIGHT 2/20 COMMUNITY TRIVIA 2/26 SURVEY SAYS</p>	
5 9:15 DAILY EXERCISE 10:30 ZUMBA GOLD 11:30 CHAIR AEROBICS 1:30 SCREW YOUR NEIGHBOR 2:00 PING-PONG/CORN HOLE	6 9:15 CARDIO DRUMMING 10:45 BEGINNING PILATES 11:45 CHAIR ZUMBA 12:30 POKER 1:00 EUCHRE 1:00 CHAIR YOGA 3:00 LINE DANCING 5:30 YOGA	7 9:15 DAILY EXERCISE 10:00-12pm ANGELS ABOVE 10:30 ZUMBA GOLD 11:30 CHAIR AEROBICS 1:30 BUNCO 12pm - 3pm TECH TALK W/JULIE 5:00 CARDIO DRUMMING *NEW 9AM-3PM MASSAGES	8 9:00-12pm ANGEL WINGS 9:15 PILATES 9:30 QUILTING 10:30 CARDIO DRUMMING 11:45 CHAIR ZUMBA 12:30 POKER 1:00 PINOCHLE 1:00 CHAIR YOGA 2:30 PING-PONG / CORN HOLE 5:30 YOGA	9 9:15 DAILY EXERCISE 10:30 BARRE & CORE (NEW) 11:50 SIT AND GET FIT 1:00 ZUMBA GOLD 1:30 SCREW YOUR NEIGHBOR 12PM 
12 9:15 DAILY EXERCISE 10:30 ZUMBA GOLD 11:30 CHAIR AEROBICS 1:30 SCREW YOUR NEIGHBOR 2:00 PING-PONG/CORN HOLE	13 9:15 CARDIO DRUMMING 10:45 BEGINNING PILATES 11:45 CHAIR ZUMBA 12:30 POKER 1:00 EUCHRE 1:00 CHAIR YOGA 3:00 LINE DANCING 5:30 YOGA	14 9:15 DAILY EXERCISE 10:00-12pm ANGELS ABOVE 10:30 ZUMBA GOLD 11:30 CHAIR AEROBICS 1:30 BUNCO 12pm - 3pm TECH TALK W/JULIE 11AM LUNCH CLUB  5:00 CARDIO DRUMMING *NEW 9AM-3PM MASSAGES	15 9:00-12pm ANGEL WINGS 9:15 PILATES 9:30 QUILTING 10:30 CARDIO DRUMMING 11:45 CHAIR ZUMBA  12:30 POKER 1:00 PINOCHLE 1:00 CHAIR YOGA 2:30 PING-PONG / CORN HOLE 5:30 YOGA	16 9:15 DAILY EXERCISE 10:30 BARRE & CORE (NEW) 11:50 SIT AND GET FIT 1:00 ZUMBA GOLD 1:30 SCREW YOUR NEIGHBOR 12PM 
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