

Active Adults Calendar



January 2024

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 FACILITY CLOSED 	2 FACILITY CLOSED	3 Massage 9-12 Bridge 10-12	4	5 Mahjong 10-1	6
7	8 Strong & Sturdy 10- 10:45 <i>(new session)</i> Mat Making 1-3 pm	9 Reflexology 8-12 Fit & Fun 10:15-11 <i>(new session)</i> Games 1-3 pm	10 Massage 9-12 Bridge 10-12	11 Massage 9-12 Fit & Fun 10:15-11 <i>(new session)</i> Facility closing at 1:00	12 Beginner mat yoga 9-9:45 <i>(new session)</i> Chair yoga 10-10:45 <i>(new session)</i> Mahjong 10-1	13
14	15 Strong & Sturdy 10- 10:45 Facility closing at noon	16 Fit & Fun 10:15-11 Games 1-3 pm	17 Massage 9-12 Bridge 10-12 Lunch & Learn with Aspen Dental 12-1 pm *Please RSVP	18 Fit & Fun 10:15-11 Bunco 11:30-2:30	19 Beginner mat yoga 9-9:45 Chair yoga 10-10:45 Mahjong 10-1	20
21	22 Strong & Sturdy 10- 10:45 Bingo Fun 1:30-2:30p	23 Reflexology 8-12 Fit & Fun 10:15-11 <i>(new session)</i> Games 1-3 pm	24 Bridge 10-12 Bald Eagle Trolley Tours @ Starved Rock 9:30a-4p	25 Fit & Fun 10:15-11 Card Fun 1:30 pm	26 Beginner mat yoga 9-9:45 Chair yoga 10-10:45 Mahjong 10-1 Lunch Trip 11a-3p	27
28	29 Strong & Sturdy 10- 10:45	30 Fit & Fun 10:15-11 Games 1-3 pm	31 Bridge 10-12 Movie Madness at Hollywood Palms 10a-2p			