

January 2023 Wellness Centers Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2). CENTERS CLOSED	3). 10:00-11:00 Coffee and Socializing 11:00-11:30 Word Search 11:30-12:00 Everybody Knows 12:00-12:45 Lunch 12:45-1:30 BINGOCIZE	4). 10:00-11:00 Coffee and Socializing 11:00-11:30 Cryptogram 11:30-12:00 Arthritis Exercise 12:00-12:45 Lunch 12:45-1:30 Family Feud	5). 10:00-11:00 Coffee and Socializing 11:00-11:30 BINGOCIZE 11:30-12:00 Finish The Phrase 12:00-12:45 Lunch 12:45-1:30 Spin It To Win It	6). MOVIE DAY
9). 10:00-11:00 Coffee and Socializing 11:00-11:30 Movin' and Groovin' 11:30-12:00 Who Said It 12:00-12:45 Lunch 12:45-1:30 Cards and Coloring	10). 10:00-11:00 Coffee and Socializing 11:00- 11:30 BINGOCIZE 11:30- 12:00 Puzzlemania 12:00-12:45 Lunch 12:45-1:30 Scattergories	11). 10:00-11:00 Coffee and Socializing 11:00-11:30 Cup Stacking 11:30-12:00 Arthritis Exercise 12:00- 12:45 Lunch 12:45- 1:30 Roll a Snowman/Roll It	12). 10:00-11:00 Coffee and Socializing 11:00-11:30 Brain Buster 11:30-12:00 BINGOCIZE 12:00-12:45 Lunch 12:45-1:30 Everbody Knows/P2P	13). MOVIE DAY
16). Martin Luther King, Jr. Birthday Centers Closed	17). 10:00-11:00 Coffee and Socializing 11:00-11:30 Word Search 11:30-12:00 BINGOCIZE 12:00-12:45 Lunch 12:45-1:45 Brain Buster	18). 10:00-11:00 Coffee and Socializing 11:00-11:30 Sittercize 11:30-12:00 Maze Craze 12:00-12:45 Lunch 12:45-1:30 Fast 5/Nutrition News	19). 10:00-11:00 Coffee and Socializing 11:00- 11:30 BINGOCIZE 11:30- 12:00 Trivia 12:00-12:45 Lunch 12:45-1:30 Simon Says/Word Search	20). MOVIE DAY
23). 10:00-11:00 Coffee and Socializing 11:00-11:30 Puzzlemania 11:30-12:00 Beach Volleyball 12:00-12:45 Lunch 12:45-1:30 Arthritis Exercise	24). 10:00-11:00 Coffee and Socializing 11:00-11:30 BINGOCIZE 11:30-12:00 Word Play 12:00-12:45 Lunch 12:45-1:30 Finish the Phrase	25). 10:00-11:00 Coffee and Socializing 11:00-11:30 Arthritis Exercise 11:30-12:00 Brain Buster 12:00-12:45 Lunch 12:45-1:30 Hangman/Joke of the Day	26). 10:00-11:00 Coffee and Socializing 11:00-11:30 Price Is Right 11:30-12:00 BINGOCIZE 12:00-12:45 Lunch 12:45-1:30 Name That Tune	27). MOVIE DAY
30). Client's Choice	31). 10:00-11:00 Coffee and Socializing 11:00-11:30 Cryptogram 11:30-12:00 BINGOCIZE 12:00-12:45 Lunch 12:45-1:30 Tangrams/Quote of the Day			<p style="color: green;">Center Hours: 10-2 daily, except for Blythewood, which is closed on Fridays. Senior Resources, Inc. (803) 256-7734</p>