

January 2019 - Daily Activity Schedule

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
No Symbol = No Fee (<i>Contributions always appreciated</i>); \$ = Fee Associated ; ^ = Requires Advanced Registration; ** = New Offering/Time				
8:30 Coffee w/ 9:30 Friends 10:00 Rummikub 11:00 Sew Simple ^ Tai-Chi	8:30 Coffee w/ Friends 9:30 Rummikub 10:00 Paper Crafting ^ 10:00 Crochet Class **	8:30 Coffee w/ Friends 10:00 Rummikub 11:00 Zumba Gold**	8:30 Coffee w/ Friends 9:30 Rummikub// 10:00 Dominos 0 Open Sew & Knit	8:30 Coffee w/ Friends 10:00 Rummikub 11:00 Tai-Chi
12:00PM Lunch	12:00PM Lunch	12:00PM Lunch	12:00PM Lunch	12:00PM Lunch
12:15 Tai-Chi/Qi-Gong 1:00 Line Dancing ^	12:45 Tabata (Seated) ** 3:15 Sleep Mats ** Geri-Fit	1:00 Table Tennis 1:00 Watercolor 1:00 Painting^ Coups for Troops	1:00 Crafts, Crafts Crafts** 3:15 GeriFit	1:00 Silver Samurai

January 2019- Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 PROGRAM CLOSED FOR NEW YEAR'S DAY	2 NUTRITION CLASS 12:00P	3	4 BLOOD PRESSURE CHECKS 10A MOVIE 1:00P
7	8	9 HIRED HANDS BAND 11A	10 BINGO\$ 10:30AM CAREGIVER SUPPORT GROUP 2P	11 RECIPE SWAP 10AM
14	15	16 WELCOME BACK CELEBRATION! 2PM	17	18 MOVIE 1:00P
21 CLOSED FOR M.L.K. Jr. DAY	22	23	24 MYSTERY BAG BINGO\$ 10:30AM	25 CELEBRATE JANUARY BIRTHDAYS 12:30PM
28	29	30 MONTHLY DAY TRIP! TBA	<div style="text-align: left;"> <h3 style="margin: 0;">Mark Your Calendar</h3> <p style="margin: 0;">Celebrate our return to our beloved Supply Center!!</p> </div>	

Regular Monthly & Semimonthly Events:

1st & 3rd Friday: Movie at the Center 1P
1st Wednesday: Nutrition Class w/ Mallory Balice 12:00A
2nd Wednesday: Hired Hands Band Performance 11A
2nd Friday: Recipe Swap 1P
2nd Thursday: Caregiver Support Group 2P
2nd & 4th Thursday: Bingo! \$\$10:30AM
Last Wednesday: Monthly Day Trip (Details TBA)
Last Friday: Birthday Celebration—Dessert @ Lunch

Special Events:

WELCOME BACK CELEBRATION!!

WHO: YOU!!! (of course)
WHEN: Wednesday, January 16, 2019
WHERE: 101 Stone Chimney Rd. Supply, NC
TIME: 2:00PM-3:30PM

101 Stone Chimney Rd.
Supply, NC
Hrs: M-F 8A-4P
910-754-7604
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