

January 2019
East Rockingham Senior Center
Operated by Valley Program for Aging Services, Inc.

	Wednesday, JANUARY 2	Thursday, JANUARY 3
<p style="color: red;">Welcome to the New Year. Let's make this another GREAT year.</p> <p style="text-align: center;">Thank You</p>	9:15 Announcements 9:30 Devotions W/Ed or Puzzles & Games 10:00 Music with Woody Campbell 11:30 Making our New Year Resolution	9:15 Announcements 9:30 Devotions W/The Dreschers or Puzzles & Games 10:00 Gentle Setting Tai Chi 11:30 Monthly chore for the EAUS
Monday, JANUARY 7	Wednesday, JANUARY 9	Thursday, JANUARY 10
9:15 Announcements 9:30 Devotions W/Ed or Puzzles & Games 10:00 Exercise 11:30 Hangman – Can you guess the food	9:15 Announcements 9:30 Devotion W/Ed or Puzzles & Games 10:00 Crafts or Nutrition W/Chrissy 11:30 Lets play Rummy or Dominoes	9:15 Announcements 9:30 Devotions W/ Dan the Man or Puzzles & Games 10:00 Chris from Advantage Physical Therapy 11:30 What is portion control
Monday, JANUARY 14	Wednesday, JANUARY 16	Thursday, JANUARY 17
9:15 Announcements 9:30 Devotions W/Ed or Puzzles & Games 10:00 Bingo with Ressa 11:30 Diet Month – Eating disorder. Diabetes, heart disease	9:15 Announcements 9:30 Devotions W/Ed or puzzles & Games 10:00 Music W/ Woody Campbell 11:30 Painting Ceramics	9:15 Announcements 9:30 Devotions W/ The Dreschers or Puzzles & Games 10:00 Exercise 10:30 Rummy or Dominoes 11:30 Penny Toss
Monday, JANUARY 21	Wednesday, JANUARY 23	Thursday, JANUARY 24
9:15 Announcements 9:30 Devotions W/Ed or Puzzles and Games 10:00 Exercise (Tai Chi) 11:30 Tea Party tasting different tea	9:15 Announcements 9:30 Devotions W/ED or Puzzles and Games 10:00 Exercise 11:30 What's in the box	9:15 Announcements 9:30 Devotions W/Dan The Man or Puzzles and Games 10:00 Go FISH 11:30 EAUS need our HELP again
Monday, JANUARY 28	Wednesday, JANUARY 30	Thursday, JANUARY 31
9:15 Announcements 9:30 Devotions W/Ed or Puzzles & Game 10:00 Making a healthy Snack 11:30 Bingo W/ Sherry	9:15 Announcements 9:30 Devotions W/Ed or Puzzles & Games 10:00 Beach Volley Ball 11:30 Soup of the month - What will it be?	9:15 Announcements 9:30 Devotions W/The Dreschers or Puzzles & Games 10:00 Exercise 11:30 Make it take it – Rice sock

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