

Monday	Tuesday	Wednesday	Thursday
	1 CLOSED NEW YEARS DAY No Meal Deliveries	2 Coffee & Socializing 9:30 SAIL Exercise 10:30 Concentration 12:15 Groceries & Errands 12:30 Fill In The Blanks With Song Lyrics	3 Coffee & Socializing 9:30 Light & Lively CD 9:30 Hot Potato 10:30 Birthdays & BINGO
7 Coffee & Socializing 9:30 SAIL Exercise 10:30 Internet Searches! 12:30 Red Solo Cup	8 Coffee & Socializing 9:30 Humm, Puzzles 10:30 Tai Chi 10:30 Corn Hole 12:30 Concentration	9 Coffee & Socializing 9:30 SAIL Exercise 10:30 Tommy Davis Piano 12:30 Groceries & Errands 12:30 Wheel of Fortune	10 Coffee & Socializing 9:30 Strengthening DVD 10:30 Air Hockey Tournament 11:00 Healthy Handouts 12:30 Ladder Ball
14 Coffee & Socializing 9:30 SAIL Exercise 10:30 Cooking For 1 or 2 By Asera Care Hospice 12:30 Red Solo Cup	15 Coffee & Socializing 10:30 Tai Chi 10:30 Guess What's in the Bag 12:30 Corn Hole	16 Coffee & Socializing 9:30 SAIL Exercise 10:30 BINGO 12:15 Groceries & Errands 12:30 Noodle Volleyball	17 Coffee & Socializing 9:30 Stretching DVD 10:30 Greg Smith w/Guitar 12:30 Deal or No Deal
21 CLOSED Martin Luther King B-day No Meal Deliveries	22 Coffee & Socializing 10:30 Tai Chi 10:45 Bird Feeder Craft 12:30 Music w/ Kim & Gerry	23 Coffee & Socializing 9:30 SAIL Exercise 10:30 Fact or Fiction 12:15 Groceries & Errands 12:30 Hot Potato	24 Coffee & Socializing 9:30 Light & Lively CD 10:30 Progressive Story 12:30 Domino Game or Other Table Game
28 Coffee & Socializing 9:30 SAIL Exercise 10:30 Blood Pressures By: All About Home Health 12:30 Red Solo Cup	29 Coffee & Socializing 9:30 Guess the Object 10:30 Tai Chi 10:30 Mystery Solving 12:30 May I Interrupt? Story Telling Game	30 Coffee & Socializing 9:30 SAIL Exercise 10:00 BINGO 12:15 Groceries & Errands 12:30 Corn Hole	31 Coffee & Socializing 9:30 Stretching DVD 10:30 Crazy Headlines 12:30 Earring Craft

On-Going Activities

Come join us for a game of BRIDGE or SPADES.
 Step into the Rec Room for a round of POOL!
 On the quieter side: Knitting, Quilting & Crochet.
 Exercise, puzzles, games and always good conversations.

Lunch daily at 11:30

Waynesboro Senior Center is FUN,
FRIENDLY & FABULOUS