

<p>2 Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>3 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 11:30 Monroe Ford Retirees 12:00 Pinochle 1:30 Line Dancing 3:00 Balance</p>	<p>4 9:00 Rosary Makers 10:15 Chair Yoga 11:00 Meditation 1:15 Bingo 6:00 Woodcarvers 7:00 Coin Club</p>	<p>5 Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 11:30 Library in Motion 12:00 Pinochle 3:00 Balance 5:00 Trivia</p>	<p>6 Medicare Assistance with Jackie by appointment 9:00 Brain Aerobics 10:15 Chair Yoga 11:00 Meditation 7:00 Model A Club</p>	<p>7 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:30 Knit / Crochet</p>	<p>8 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p>
<p>9 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>10 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Line Dancing 3:00 Balance</p>	<p>11 MCOP Support Services 9:00 Rosary Makers 10:15 Chair Yoga 11:00 Meditation 1:15 Bingo 6:00 Woodcarvers</p>	<p>12 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 Movie 3:00 Balance</p>	<p>13 Medicare Assistance with Jackie by appointment 9:00 Brain Aerobics 10:15 Chair Yoga 11:00 Meditation Rubber Ducky Day</p>	<p>14 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:30 Knit / Crochet</p>	<p>15 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p>
<p>16 Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>17 8:00 Newsletter Team 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Line Dancing 3:00 Balance</p>	<p>18 10:15 Chair Yoga 11:00 Meditation 1:15 Bingo 6:00 Woodcarvers</p>	<p>19 8:30 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance</p>	<p>20 Medicare with Jackie by appointment 9:00 Brain Aerobics 10:15 Chair Yoga 11:00 Meditation 11:30 Snowball Games </p>	<p>21 Squirrel Day 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:30 Knit / Crochet</p>	<p>22 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p>
<p>23 Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>24 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Line Dancing 3:00 Balance</p>	<p>25 MCOP Support Services 10:15 Chair Yoga 11:00 Meditation 1:15 Bingo 6:00 Woodcarvers</p>	<p>26 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 2:00 Valentine Craft 3:00 Balance</p>	<p>27 9:00 Brain Aerobics 10:00 Blood Pressure 10:15 Chair Yoga 11:00 Meditation 11:30 Health Odyssey 1:30 Book Club</p>	<p>28 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:30 Knit / Crochet</p>	<p>29 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p>

<p>30 11 a.m. to 1 p.m. \$6 Special</p>	<p>31 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Line Dancing 3:00 Balance</p>
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JANUARY

2022



Monroe Center
for Healthy Aging