

# JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Walk 15  1pm Pickle Ball	2 Computer Education 9-10:00am 10 am Chair Yoga	3 Coffee & Card Games 9:30-2:30pm Cards 9:30-2:30pm Mah-jongg 9:30-12:30pm
6 9am Group Exercise 1pm Chair Yoga  <b>11am Bingo</b>	7 9am Body Toning 10an Silverado Steppers	8 9:00 Walk 15 1pm Pickle Ball	9 Computer Education 9-10:00am 10 am Chair Yoga	10 Coffee & Card Games 9:30-2:30pm Cards 9:30-2:30pm Mah-jongg 9:30-12:30pm
13 9am Group Exercise 1pm Chair Yoga	14 9am Body Toning 10an Silverado Steppers  NEW HORIZONS	15 9:00 Walk 15 1pm Pickle Ball	16 Computer Education 9-10:00am 10 am Chair Yoga  <b>Lunch &amp; Learn with Sue Nichols, Nutritionist</b>	17 Coffee & Card Games 9:30-2:30pm Cards 9:30-2:30pm Mah-jongg 9:30-12:30pm
20  CLOSED MARTIN LUTHER KING	21 9am Body Toning 10an Silverado Steppers	22 9:00 Walk 15 1pm Pickle Ball	23 Computer Education 9-10:00am 10 am Chair Yoga	24 Coffee & Card Games 9:30-2:30pm Cards 9:30-2:30pm Mah-jongg 9:30-12:30pm  <b>American Heart Association Lunch and Presentation</b>
27 9am Group Exercise  1pm Chair Yoga	28 9am Body Toning 10an Silverado Steppers  NEW HORIZONS	29 9:00 Walk 15 1pm Pickle Ball	30 Computer Education 9-10:00am 10 am Chair Yoga  <b>Lunch &amp; Learn with Sue Nichols, Nutritionist Healthy Hot Chocolate Bar</b>	31 Coffee & Card Games 9:30-2:30pm Cards 9:30-2:30pm Mah-jongg 9:30-12:30pm  1pm Book Club