

Baker Senior Center

January 2019

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:30-9:00	Preparing for the day-senior sign-in	Preparing for the day-senior sign-in	Preparing for the day-senior sign-in	Preparing for the day-senior sign-in	Preparing for the day-senior sign-in
9:00-10:00	Crazy 8 Games	Dominoes	Name That Tune	Sweater Ping Pong	Left/Right Game
10:00 – 11:00	Saran Wrap- Xmas Ball Game	Scramble Game	Charades	The Candy Game	Trivia
11:00 – 12:00	Christmas Left Over Games	Christmas Left Overs	Christmas Leftovers	Christmas Leftovers	Movie Day
12:00 – 1:00	L	U	N	C	H
1:00-2:00	Bingo	New Year's Punch Board Game	Bingo	Christmas Story Telling Out with the Old in with the New	Bingo
2:00 – 2:30	Socializing – Games Word Search, Pool	“Adult Coloring”	Movie and Popcorn	Games, Word Search, Wii Bowling and Pool	Easy Listening Music

Happy New Year!

Closed: 1/1/2019

Bookmobile: 1/3/2019

Craft Day: 1/24/2019

Start the New Year by Joining the Baker Senior Center

Calendar subject to change

LEO S. BUTLER SENIOR CENTER

January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am-9:00am	Seniors Arrive	Senior Arrive	Senior Arrive	Senior Arrive	Senior Arrive
9:00am-10:00	Tai Chi	Coffee/Snacks	Coffee/Snacks	Exercise	Coffee/Snacks
10:00 am- 11:00	Arts and Crafts Bracelets	Yoga	Adult Word Search	Fitness Exercise	Word Search
11:00-11:30am	Bible Study/ Devotion	Bible Study/ Devotion	Bible Study/ Devotion	Bible Study/ Devotion	Bible Study/ Devotion
11:30 am- 12:30	Bingo	Arts & Crafts/Hearts Pic	Bingo	Puzzles/Journals	Bingo
12:30pm- 1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 pm- 1:30	Crocheting	Crocheting & Knitting	Adult Coloring	Creative Writing	Team Sprit Day
1:30pm-2:30pm	Creative Writing	Puzzle/ Journals	Board Games	Dominos/ Cards Tournament	Name That Tune Music

REMINDERS:

Barber/Beauty – Every 2nd Tuesday

Neely UMC – Bible Study & Devotion – Every Wednesday

1/7/2019: " Crochet with Me"

1/15/2019: Martin Luther King Program- Speaker Mr. Ruth Sherman- Director of Leo S Butler Community Center

1/21/2019: Martin Luther King Day- Closed

1/25/2019: Birthday Celebration

Chaneyville Senior Center January 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 A.M. - 9:00 A.M.	Prepare for Day Inspirational	Prepare for Day Inspirational	Prepare for Day Inspirational	Prepare for Day Inspirational	Prepare for Day Inspirational
9:00 A.M. - 10:00 A.M.	Quilting, Coffee & Newspaper	Coffee and Read Newspaper	Chicken Foot Card Games	Meditation and Fitness	Adult Coloring
10:00 A.M. - 11:00 A.M.	Quilting and Card Games	Quilting and Story Telling	Card Games	Bible Class, Sing Along	Card Games
11:00A.M. - 12:30 P.M.	Scrabble	Quilting and Crossword	Kings Corner Game	Bible Trivia and Pokeno	Arts and Crafts and Card Games
12:30P.M. - 1:00 P.M.	PRAYER/ LUNCH	PRAYER/ LUNCH	PRAYER/ LUNCH	PRAYER/ LUNCH	PRAYER/ LUNCH
1:00 P.M. - 230:00 P.M.	Family Feud	Pokeno Bingo	Chicken Foot	Board Games and Card Games	Snacks and Movie

Reminder:

Bible Study Every Thursday @ 10:00
 40lbs Every 1st Wednesday @ 8:00-10:00
 Pot-Luck Every 4th Thursday @ 11:00
 Fitness Every Tuesday @ 9:30 am- 10:30 am
 EBRCOA Yoga - Wednesdays 10:00-11:00 am
 People's Health- 1/17/2019- 10:00-11:00 am
 Martin Luther King Day-1/21/2019: Closed
 Southern University Ag Healthy Eating-1/24/2019 @ 11:00 am
 Happy New Year

CENTRAL SENIOR CENTER

JANUARY 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am-9:00am	Bowling, Social Time	Exercise, Bowling, Social Time	Bowling, Social Time	Early Morning Brunch Every Other Thursday	Bowling, Social Time
9:00am-10:00pm	Bridge Club Arts/Crafts	Arts/Crafts Social Time	Bridge Club	X Box Bowling	X-Box Bowling
10:00am-11:00	Bridge Club Bingo - 10:30 a.m.	Bingo - 10:30a.m.	Bingo - 10:30 a.m. X Box Bowling	Bingo - 10:30 a.m. X Box Bowling	Bingo 10:30 a.m. X Box Bowling
11:00a.m.-12:00	Bridge Club Bingo	Bingo Social Time	Bridge Club X Box Bowling	Bingo Social Time	Bingo Social Time
12:00p.m.-1:00	LUNCH	LUNCH	LUNCH Speaker	LUNCH	LUNCH
1:00- 2:00	Games Social Time	Games Social Time	Games	Games Social Time	Games Social Time
2:00- 2:30	X-Box Bowling Social Time	X-Box Bowling Social Time	X-Box Bowling Social Time	X-Box Bowling Social Time	X-Box Bowling Social Time

Reminders:

Monday Wednesday and Friday Twist the Day Away Exercise @ 10:30

Brunch Every Thursday Morning @ 9:30 am

Beauty Time- Make up Day on Tuesdays

Memory Games every Tuesday @ 10:30for the Month of January

CPL Pamela Moran- Community Policing Division for Senior Safety: 1/15/2019

Red Cross- Mandy Smith: 1/15/2019

Happy New Year!

DUMAS HOUSE ACTIVITY CENTER

January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am-9:00	Seniors Arrive	Seniors Arrive	Seniors Arrive	Seniors Arrive	Seniors Arrive
9:00am-9:30	Devotion/ Breakfast	Devotion/ Breakfast	Devotion/ Breakfast	Devotion/ Breakfast	Devotion/ Breakfast
9:30-10:30	Arts and Crafts	Bingo	Bible Activity	Bingo	Bingo
10:30-11:00	Bingo	Bible Study and Word search	Bible Study	Arts and Crafts	Fun Friday!
11:00-12:00	L	U	N	C	H
1:00am-2:30pm	Pokeno/ Wii Games	Pokeno/ Wii Games	Pokeno /Wii Games Crochet/Quilting	Pokeno/ Wii Games	Pokeno/ Wii Games Dumas Happy Hour

Reminders:

Fitness Exercise Every Monday and Friday- 9:00-10:00
Kings Corner Game- 1/2/2019
Khelsea Conley the Maxine Firm- 1/11/2019 @ 9:00 am.
Ring Toss Day- 1/17/2019
Martin Luther King Day 1/21/2019- Closed
LOLO Speaker- 1/22/2019
Crazy Hat Day- 1/30/2019
Birthday Celebrations- 1/31/2019

Florida Boulevard Senior Center

January 2019

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:00am-9:00am	Senior Arrive Coffee/Soft Music	Senior Arrive Coffee/Soft Music	Senior Arrive Coffee/Soft Music	Senior Arrive Coffee/Soft Music	Senior Arrive Coffee/Soft Music
9:00am-10:00 a.m.	Exercise With Leslie	Inspirational Words	Inspirational Words Exercise	Inspirational Words Arts/Crafts	Inspirational Words Exercise, Bingo
10:00-11:00 a.m.	Bingo	1* Tuesdays Free Hair Cuts	Exercise, Bingo	Socialize & Speed Puzzles	Bingo Exercise with Leslie
11:15-12:30 p.m.	L	U	N	C	H
12:30-1:30 p. m.	Social Time	Lotus Pantry	Lotus Pantry	Lotus Pantry	Fun Friday Sprit Day
1:30- 2:30p.m.	Bingo	Adult Coloring	Zumba @ 1:00	Funny Sock Day	Fun Friday
2:30- 3:30 p.m.	Puzzles, Board Games, X box	Puzzles, Board Games, Card Game	X Box Games Card Games	Arts & Crafts "Throws"	Fun Friday- Seniors Choice
3:30 p.m.- 4:30: p.m.	Social Time Card Games	Movie Day Card Games	Afternoon Bingo	Social Time & Games	Social Time Card games

Moore House College Free Haircuts: 1st Tuesday in the Month
Fitness Exercise Every Monday, Wednesday @ 9:00- 10:00 and Friday 9:00-10:00
Computer Class- Every 1st Tuesday and Thursday
1/21/2019 Martin Luther King Holiday Closed
Birtbday Celebrations: 1/31/2019
Happy New Year; Please come join the EBRCOA!

Foster Road Baptist Church Senior Center
January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am-9:00am	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time
9:00am-9:30am	Bowling/Socializing	Bowling/Dominoes	Bowling/Socializing	Bowling/Dominoes	Bowling/Socializing
9:30am-10:00am 10:30am- 11:00	Exercise Daily Walk In Gym	Bean Bag Game	Exercise Daily Walk In Gym	Bean Bag Game Shuffle Board	Exercise Daily Walk In Gym
11:00 am- 11:30	Crafts	Crafts and Crocheting	Bingo	Crocheting	Crafts and Bingo
11:30am-12:30pm	Blessing of Food and Lunch	Blessing of Food and Lunch	Blessing of Food and Lunch	Blessing of Food and Lunch	Blessing of Food and Lunch
12:30pm-1:30pm	Crafts-Jewelry Making	Crocheting	House Plants	Crafts-Jewelry Making	Crocheting
1:30pm-2:00pm	Card Game "Rook" Dominoes	Card Game "Rook"	Card Game "Rook" Dominoes	Card Game "Rook"	Card Game "Rook" Dominoes

Reminders:

Mardi Gras and Valentine Arts and Crafts

1/8/2019 Dermatology Center Speaker: Pepper Esteb

1/22/2019: Lane Memorial Open Topic

Calendar subject to change

Greater King David Senior Center

January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00	Seniors arrive at Center	Seniors arrive at Center	Seniors arrive at Center	Seniors arrive at Center	Seniors arrive at Center
9:00-9:30	Devotion/ Breakfast	Devotion/ Breakfast	Devotion/Breakfast	Devotion/Breakfast	Devotion/Breakfast
9:30-10:30	Arts and Craft	Bingo	Bible Activity	Arts and Crafts	Arts and Crafts
10:30-11:00	Bingo	Bible Study and Word Search	Bible Study	Arts and Crafts	Exercise/ Walking Chair Exercise
11:00-12:00	Lunch	Lunch	Lunch	Lunch	Lunch
12:00-1:00	Television time	Arts and Crafts	Television time	Board Games	Television time
1:00-2:30	Socializing/ Games	Open Discussion and Ideas from Senior	Socializing/ Games	Open Discussion and Ideas from Seniors	Socializing/Games

Reminders

Bible Study every Tuesday and Wednesday @ 10:00
Exercise every Monday and Friday with Personal Trainer De Ray 10:00-11:00
Southern University Ag Nutritionist every 2nd Thursday @ 11:00
Birthday Breakfast every 3rd Tuesday
United Health Care- Every 3rd Thursday
Tai Chi and Yoga Every Thursday @ 9:30-11:00
Greater King David senior's Day Out- 1/24/2019

Calendar subject to change

HOMEWOOD AQUATIC SENIOR CENTER

January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30- 9:30 a. m.	Coffee/Snacks	Coffee/Snacks	Coffee/Snacks Tai Chi	Coffee/Snacks	Coffee/Snacks
9:30- 10:30 a.m.	Exercise	Arts and Crafts	Tai Chi and Bingo	Decoration Time	Card Game, UNO, Checkers
10:30-11:30 a.m.	Bingo	Yoga	Exercise	Bible Study Guest Speaker	Fun Friday Bingo
11:30-12:30 p.m.	L	U	N	C	H
12:30- 1:30 p.m.	Board Games	Uno, Let's talk	Arts/Crafts	Bible Study and Guest Speaker	Popcorn and a Movie
1:30- 2:30 pm	Puzzles and UNO	Word Search	Connect Four- UNO	Puzzles and Coloring	Fun Friday, Popcorn

Bible Study- Every 2nd Tuesday- with "Mama Lucille"

Exercise Every Monday @ 12:30-1:30 and Wednesday @ 10:40-11:00

Every Tuesday Yoga @ 9:00- 10:00 & Every Wednesday Tai Chi @ 9:00-9:30

1/21/2019: Martin Luther King Day- Closed

1/25/2019: Birthday Breakfast

Happy New Year!

Calendar Subject to Change

Pearl George Senior Center

January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 9:30	Senior Sign-In/ Coffee Call	Senior Sign-In/ Coffee Call	Senior Sign-In/ Coffee Call	Senior Sign-In/ Coffee Call	Senior Sign-In/ Coffee Call
9:30-10:00	Games & Arts and Crafts	Games & Arts and Crafts	Games & Arts and Crafts	Devotion	Games & Arts and Crafts
10:00- 10:30	Making Blankets	Making Blankets	Making Blankets	Line Dancing	Making Blankets
10:30- 11:30	Chicken Foot Dominoes & Board Games	Exercise Line Dancing	Chicken Foot Dominoes & Board Games	Line Dancing	Chicken Foot Dominoes & Board Games
11:30- 12:00	Inspirational Moment	Inspirational Moment	Inspirational Moment	Inspirational Moment	Inspirational Moment
12:00- 1:00	L	U	N	C	H
1:00-2:30	Crafting	Crafting	Crafting	Crafting	Crafting
2:30- 3:30	Game Hour/Kinect Sports/Bowling	Game Hour/Kinect Sports/Bowling	Game Hour/Kinect Sports/Bowling	Game Hour/Kinect Sports/Bowling	BINGO

"Reminders"

Fitness Exercise Every Monday and Friday- 10:30- 11:30
Every Tuesday Tai Chi @ 10:30- 11:00 & Every Wednesday Yoga @ 11:00-12:00
1/21/2019: Martin Luther King Day- Closed
1/24/2019: Guest Speaker EBR Fire Prevention

Zachary Center

January 2019

Reminder

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Preparing for Day	Preparing for Day	Preparing for Day	Preparing for Day	Preparing for Day
9:00 am	Senior Sign- In	Senior Sign- In	Senior Sign- In	Senior Sign- In	Senior Sign- In
9:00 am 10:00 am	Word Search	Coffee/ Donuts	Socializing Coffee/Biscuits	Socializing, Bananas	Brain Teaser
10:00 am 11:45	LRC, Chicken Foot	Yoga	Bingo	Bible Trivia	Memory Blocks
12:00- 12:30 p.m.	Prayer/ Lunch	Prayer/ Lunch	Prayer/ Lunch	Prayer/ Lunch	Prayer/ Lunch
12:30- 1:00 p.m.	Snacks/Cards	UNO	Fitness Exercise	Tai Chi	Fitness Exercise
1:00- 2:30 pm	Easy Listening Music	Cleaning	Musical Chairs	Board Games	Cleaning

Bible Every Tuesday and Thursday 11:00-11:45
Exercise every Wednesday, Friday 12:30-1:30

Calendar subject to change

Charles R Kelly EBRCOA Senior Center

January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30 a.m.	Coffee Time, Walk-Along	Coffee Time, Walk-Along	Coffee Time Walk-Along	Coffee Time, Walk-Along	Coffee Time, Walk-Along
9:30- 10:00 a. m.	Sign- In, Devotion	Sign In, Devotion	Sign In, Devotion	Sign In, Devotion	Sign In, Devotion
10:00- 11:00	Chat and Chew Snacks	Fire Drill and Jewelry	Arts and Crafts and Card Playing	Fundamental Sewing	Fun & Games, Family Feud
11:00- 12:00 p.m.	Board Games, Card Playing	COA- Exercise Phase 2 Building, Crochet, Jewels	Line Dancing	COA Exercise	Fun and Games
12:00 p.m.- 1:00 p.m.	Lunch	Lunch	Lunch	Lunch	Lunch
1:00- 2:00 p.m.	COA Yoga Phase II	Chat & Chew, Jewelry, Sewing and Crochet	Board Games	Quilting & Sewing , TV Time	Tai Chi Fun & Games
2:00- 3:30 p.m.	Senior Socializing Project	Senior Socializing Projects	Senior Socializing Projects	Senior Socializing Projects	Senior Socializing Projects

Reminders:

C.O.A. Assessment

Monday- Friday

9:30 am- 11:30 am and 1:30 pm- 3:00 pm

EBRCOA Lunch Served Daily: 12:00 pm- 1:00 pm

Happy New Year from the EBRCOA

Please come Join!

EBRCOA/ BREC Perkins Road Park Senior Center

January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am-9:00am	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time
9:00 am- 10:00 am 9:30 am.- 10:30	Inspirational Words Tai Chi- 9:00-10:30 Snack and Talk	Exercise Bingo 9:00-10:00	Inspirational Words Yoga- 9:30-10:30 Snack and Talk	Inspirational Words Exercise 9:00- 10:00	Inspirational Words Snack and Talk
10:00 am.-11:00	Line Dancing	Arts and Crafts Painting	Line Dancing Board Games	Connect Four Checkers	Fun Friday Line Dancing
11:00 am.- 12:00	Bingo	Speed Puzzles and Board Games	Learn to Dance- Line Dancing	Scrabble and Checkers	Fun Friday, Bingo and Popcorn
12:00 pm.- 1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 pm- 2:00	Word Search Chicken Foot	Jewelry Making	Word Puzzles Karaoke	Book Club	Easy Listen Music
2:00 pm- 2:30	Speed Puzzles, Social Time	Social Time	Adult Coloring Social Time	TV and Game Time	Fun Facts

Line

Dance Classes: Every Monday, Wednesday and Friday @ 10:00 am

January 17/2019: Lunch and Learn

Martin Luther King Birthday- Closed

January Birthday Celebration 1/25/2019

Happy New Year from the EBRCOA

Please Come Join!

EBRCOA/ BREC Antioch Park Senior Center

January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am-9:00am	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time
9:00 am- 10:00 am 9:30 am.- 10:30	Inspirational Words Snack and Time	Inspirational Words Snack and Talk	Inspirational Words Arts/Crafts	Inspirational Words Pink Day	Inspirational Words Snack and Talk
10:00 am.-11:00	Exercise with Leslie	Tai Chi and Yoga	Zumba	Bingo and Wear Pink Day	Fun Friday Bingo & Popcorn
11:00 am.- 12:00	Meet and Greet Monday's	Bingo	Bingo	Fitness Exercise with "Donald Ray"	Dominoes, UNO
12:00 pm.- 1:00	Lunch	Lunch Canasta Club	Lunch	Lunch	Lunch
1:00 pm- 2:00	Word Search	Board Games Canasta Club	Arts/Crafts	Pickle Ball and Crossword Puzzle	Fun Facts/ Popcorn
2:00 pm- 2:30	Speed Puzzles, Social Time	Game of Choice	Adult Coloring Social Time	TV and Game Time Wear Pink	Fun Facts

Reminders:

1/4/2019: Magazine Scavenger Hunt
1/11/2019: Re-Grand Opening of Antioch Center
1/18/2019: Water Coloring Demonstration- Mr. Calvin
Martin Luther King Day 1/21/2019: Closed
1/24/2019: New Year's Reflections
January Birthday Celebrations - 1/28/2019

Jewel J. Newman

January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am-9:00am	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time
9:00 am- 10:00 am	Inspirational Words Walking Exercise	Bible Study Walking Exercise	Inspirational Words Walking Exercise	Inspirational Words Walking Exercise	Inspirational Words Walking Exercise
10:00 am.- 11:00	Bingo Yoga	X- Box Game	Tai Chi @ 10:00	Scrabble or Checkers	Fitness with Leslie Fun Friday Bingo
11:00 am.- 12:00	Word Search	Mind Games	Bingo	Pool Tournament	Musical Chairs
12:00 pm.- 1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 pm- 2:00	Quilting	Crochet	TV Time & Line Dancing	Crochet	Easy Listen Music
2:00 pm- 2:30	Quilting	Social Time	Adult Coloring Social Time	Game Time	Fun Facts

Happy New Year from the EBRCOA
1/1/2019 New Year's Holiday: Closed
1/21/2019: Martin Luther King Day: Closed
1/31/2019 Birthday Celebrations

Calendar subject to change

EBRCOA/ BREC Highland Road Park Senior Center

January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am-9:00am	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time
9:00 am- 10:00 am	Inspirational Words Snack and Talk	Inspirational Words Snack and Talk	Inspirational Words Snack and Talk	Inspirational Words Snack and Talk	Inspirational Words Snack and Talk
10:00 am.- 11:00	Bingo	Fitness with X- Box Game	Tai Chi @ 10:00 and Yoga@ 10:30	Scrabble or Checkers	Fitness Fun Friday Bingo and Popcorn
11:00 am.- 12:00	X- Box Games or Word Search	Arts and Crafts Painting	Board Games	Word Search Puzzles	Share your favorite movie! Movie Day!
12:00 pm.- 1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 pm- 2:00	Word Search	Adult Coloring	TV Time	Word Search and Social Time	Easy Listen Music
2:00 pm- 2:30	Puzzles, Social Time	Social Time	Adult Coloring Social Time	TV and Game Time	Fun Facts

Calendar Subject to Change

Reminder:

EBRCOA Registration from- 8:30 am- 2:30 pm.

1/21/2019: Martin Luther King Day- Closed

Lunch Served: 12:00 pm- 1:00 pm

Flanacher Senior Center

January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am-9:00am	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time
9:00 am- 10:00 am	Inspirational Words Snack and Talk	Inspirational Words Snack and Talk	Inspirational Words Snack and Talk	Inspirational Words Snack and Talk	Inspirational Words Snack and Talk
10:00 am.- 11:00	Bingo	Fitness with X- Box Game	Tai Chi @ 10:00 and Yoga@ 10:30	Scrabble or Checkers	Fitness Fun Friday Bingo and Popcorn
11:00 am.- 12:00	X- Box Games or Word Search	Arts and Crafts Painting	Board Games	UNO and Board Games	Share your favorite movie! Movie Day!
12:00 pm.- 1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 pm- 2:00	Word Search	Adult Coloring	TV Time	Word Search and Social Time	Easy Listen Music
2:00 pm- 2:30	Puzzles, Social Time	Social Time	Adult Coloring Social Time	TV and Game Time	Fun Facts

Game Time So Wear Your Favorite Team Shirt

1/21/2019: Martin Luther King Day- Closed

Please Come Join the EBRCOA

Happy New Year!

EBRCOA/ Ben Burge Park Senior Center

January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am-9:00am	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time	Seniors Signing In Coffee Time
9:00 am- 10:00 am	Inspirational Words Snack and Talk	Inspirational Words Snack and Talk	Inspirational Words Snack and Talk	Inspirational Words Snack and Talk	Inspirational Words Snack and Talk
10:00 am.- 11:00	Bingo	Fitness	Tai Chi @ 10:00 and Yoga@ 10:30	Bingo and Checkers	Fitness Fun Friday Bingo and Popcorn
11:00 am.- 12:00	Word Search	Arts and Crafts	Board Games	Dominoes, UNO	Share your favorite movie! Movie Day!
12:00 pm.- 1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 pm- 2:00	Word Search	Adult Coloring	TV Time	Word Search and Social Time	Easy Listen Music
2:00 pm- 2:30	Puzzles, Social Time	Social Time	Adult Coloring Social Time	TV and Game Time	Fun Facts

Events:

1/8/2019: AARP Speaker

1/9/2019: Triple A Insurance Speaker

1/21/2019: Martin Luther King Day- Closed

1/28/2019: Talent Show

1/23/2019: Balancing Life

1/31/2019: Birthday Bash

