

JANUARY 2022 EVENTS

JANUARY

Saturday, January 1, 2022

HAPPY NEW YEAR!

Monday, Jan 3

9:30 AM Fitness Fusion/Line Dance
11:15 AM Sit, Stand, Stretch & Smile

Tuesday, Jan 4

10:00 AM Fit for Life
12:00 PM Welcome New Year's
2:00 PM Watercolor Class

Wednesday, Jan 5

10:30 AM Chair Yoga
12:30 PM Exploration Series

Thursday, Jan 6

9:30 AM Zumba Gold
1:00 PM Self Care
1:30 PM Acrylics Class
3:30 PM *Downton Abbey* Series

Friday, Jan 7

9:30 AM Fitness Fusion/Line Dance
2:45 PM Flexibility & Strength Training
3:00 PM Bingo

Monday, Jan 10

9:30 AM Fitness Fusion/Line Dance
10:30 AM Mosaic Demo
11:15 AM Sit, Stand, Stretch & Smile
3:00 PM Heads Up
3:30 PM *The Last Dance* Mini Series

Tuesday, Jan 11

10:00 AM Fit for Life
11:15 AM Bingocize
2:00 PM Watercolor Class

Wednesday, Jan 12

10:30 AM Chair Yoga
1:00 PM Codenames Game
2:00 PM Floral Design Class
5:00 PM Dinner & Movie—*Queen Bees*

Thursday, Jan 13

9:30 AM Zumba Gold
11:00 AM Encore Move—*Queen Bees*
11:15 AM Bingocize
1:00 PM Gratitude Club
1:30 PM Acrylics Class
3:30 PM *Downton Abbey* Series

Friday, Jan 14

9:00 AM Wills Appointments
9:30 AM Fitness Fusion/Line Dance
10:00 AM TED Talks
12:30 PM Rock & Roll Luncheon
1:00 PM Men's Group Chess & Checkers
2:00 PM NSC Online Registration Tips
2:45 PM Flexibility & Strength Training

Monday, Jan 17

9:30 AM Fitness Fusion/Line Dance
10:30 AM Mosaic Workshop
11:15 AM Sit, Stand, Stretch & Smile
2:30 PM Billiards & Beer
3:30 PM *The Last Dance* Mini Series

Tuesday, Jan 18

10:00 AM Fit for Life
11:15 AM Bingocize
12:30 PM Lite Lunch & Movie—*Respect*
2:00 PM Watercolor Class

Wednesday, Jan 19

9:30 AM Reflexology with a Golf Ball
10:30 AM Chair Yoga
12:00 PM Bunco Tournament

Thursday, Jan 20

9:30 AM Zumba Gold
11:15 AM Bingocize
11:30 AM Lunch with Us
11:30 AM Polish Coffee Hour
1:00 PM Pet Loss Support Group
1:30 PM Acrylics Class
3:30 PM *Downton Abbey* Series

Trip—Patterson Glass Blowing & Tony Cannoli

Friday, Jan 21

9:30 AM Fitness Fusion/Line Dance
11:15 AM Myra the Comfort Dog
12:00 PM Nightclub in the Afternoon
1:00 PM Men's Group Chess & Checkers
2:45 PM Flexibility & Strength Training

Monday, Jan 24

9:30 AM Fitness Fusion/Line Dance
11:15 AM Sit, Stand, Stretch & Smile
12:30 PM Women's Club
3:30 PM *The Last Dance* Mini Series

Tuesday, Jan 25

10:00 AM Fit for Life
11:15 AM Bingocize
2:00 PM Watercolor Class

Wednesday, Jan 26

10:30 AM Chair Yoga
1:00 PM Mystery Craft

Trip—Domes & Safe House

Thursday, Jan 27

9:30 AM Zumba Gold
11:15 AM Bingocize
11:30 AM Lunch With Us
12:30 PM Jazzen Afternoon
1:00 PM Loneliness: How to Cope
1:30 PM Acrylics Class
3:30 PM *Downton Abbey* Series
3:30 PM Virtual—Book Discussion

Friday, Jan 28

9:30 AM Fitness Fusion/Line Dance
1:00 PM Men's Group Chess & Checkers
2:45 PM Flexibility & Strength Training

Monday, Jan 31

9:30 AM Fitness Fusion/Line Dance
11:15 AM Sit, Stand, Stretch & Smile
1:00 PM Winter Health Tips
3:30 PM *The Last Dance* Mini Series

WEEKLY ACTIVITIES

Monday—Friday (Except Holidays)

9:00 AM Virtual—Meditation
9:00 AM Social Cards & Billiards

Monday

10:30 AM Mosaic Group
10:30 AM Tripoley
1:00 PM Crafting Group
2:30 PM Qigong

Tuesdays

10:00 AM Awakening Joy
12:00 PM Wii Bowling
12:30 PM Bridge
1:00 PM Meditation & Mindfulness
1:30 PM Sudoku (1/11-2/22)
2:00 PM Healthy Relationships
2:30 PM Grab & Go Meal Pickup

FEBRUARY 2022 EVENTS

FEBRUARY

Tuesday, Feb 1

10:00 AM Fit for Life
 11:15 AM Bingocize
 12:00 PM Bob Newhart—Barry Bradford
 1:00 PM Rules of the Road Class
 2:00 PM Watercolor Class

Wednesday, Feb 2

10:30 AM Chair Yoga
 12:00 PM Exploration Series
Trip—Groundhog Day at Paramount Theater

Thursday, Feb 3

9:30 AM Zumba Gold
 11:00 AM Movie—*Groundhog Day*
 11:15 AM Bingocize
 1:00 PM Self Care
 1:30 PM Acrylics Class
 3:30 PM *Downton Abbey* Series

Friday, Feb 4

9:30 AM Fitness Fusion/Line Dance
 1:00 PM Men's Group Chess & Checkers
 2:30 PM Squid Games at NSC
 2:45 PM Flexibility & Strength Training

Monday, Feb 7

9:30 AM Fitness Fusion/Line Dance
 11:15 AM Sit, Stand, Stretch & Smile
 1:00 PM RTA Presentation
 3:00 PM Bingo
 3:30 PM *The Last Dance* Mini Series

Tuesday, Feb 8

10:00 AM Fit for Life
 11:15 AM Bingocize
 12:00 PM Texas Hold'em Tournament
 2:00 PM Watercolor Class

Wednesday, Feb 9

10:30 AM Chair Yoga
 12:00 PM Pickleball Luncheon
 2:00 PM Floral Design Class

Thursday, Feb 10

9:30 AM Zumba Gold
 11:15 AM Bingocize
 12:00 PM Lite Lunch & Movie—*Instant Family*
 1:00 PM Gratitude Club
 1:30 PM Acrylics Class
 3:30 PM *Downton Abbey* Series
Trip—Dank Haus Museum

Friday, Feb 11

9:00 AM Wills Appointments
 9:30 AM Fitness Fusion/Line Dance
 10:00 AM TED Talks
 12:00 PM History of Chocolate
 1:00 PM Men's Group Chess & Checkers
 2:45 PM Flexibility & Strength Training

Monday, Feb 14

9:30 AM Fitness Fusion/Line Dance
 11:15 AM Sit, Stand, Stretch & Smile
 1:00 PM Taste of Love
 2:00 PM Sweets & Treats Box Pickup
 3:00 PM Heads Up
 3:30 PM *The Last Dance* Mini Series

Tuesday, Feb 15

10:00 AM Fit for Life
 11:15 AM Bingocize
 12:30 PM Mocktails & Kisses
 2:00 PM Watercolor Class

Wednesday, Feb 16

9:30 AM Emotional Freedom Technique
 10:30 AM Chair Yoga
 12:00 PM 31 Card Tournament

Thursday, Feb 17

9:30 AM Zumba Gold
 11:15 AM Bingocize
 11:30 AM Lunch with Us
 11:30 AM Polish Coffee Hour
 1:00 PM Pet Loss Support Group
 1:30 PM Acrylics Class
 3:30 PM *Downton Abbey* Series

Friday, Feb 18

9:30 AM Fitness Fusion/Line Dance
 12:00 PM Greatest Musicals Part 2
 1:00 PM Men's Group Chess & Checkers
 2:45 PM Flexibility & Strength Training

Monday, Feb 21

Presidents' Day—Office Closed

Tuesday, Feb 22

10:00 AM Fit for Life
 10:45 AM Myra the Comfort Dog
 11:15 AM Bingocize
 11:30 AM The Beatles! - John Boda
 2:00 PM Watercolor Class

Wednesday, Feb 23

10:30 AM Chair Yoga
 12:00 PM Bunco Tournament
 1:00 PM Mystery Craft
 5:00 PM Dinner & Movie—*Fatherhood*

Thursday, Feb 24

9:30 AM Zumba Gold
 11:00 AM Encore Movie—*Fatherhood*
 11:15 AM Bingocize
 1:00 PM Loneliness: How to Cope
 1:30 PM Acrylics Class
 3:30 PM *Downton Abbey* Series
 3:30 PM Virtual—Book Discussion

Friday, Feb 25

9:30 AM Fitness Fusion/Line Dance
 12:30 PM Carnival of Niles
 1:00 PM Men's Group Chess & Checkers
 2:00 PM NSC Online Registration Tips
 2:45 PM Flexibility & Strength Training

Monday, Feb 28

9:30 AM Fitness Fusion/Line Dance
 11:15 AM Sit, Stand, Stretch & Smile
 12:30 PM Women's Club
 3:30 PM *The Last Dance* Mini Series



WEEKLY ACTIVITIES

Wednesdays

10:00 AM Virtual—Bingo
 12:00 PM Canasta
 2:00 PM Qigong
 2:30 PM Pictionary

Thursdays

9:30 AM Issues in the News
 9:30 AM Mahjong
 10:00 AM Musical Memories
 12:00 PM Ceramics
 12:30 PM Bridge
 1:30 PM Pinochle
 2:00 PM Life Cafe

Fridays

10:30 AM Rummikub
 1:00 PM Hand Clay Sculpting
 1:00 PM Social Scrabble