

# January 2026 Manchester Senior Center Newsletter

## AARP Foundation Tax-Aide:



The **AARP Tax-Aide** program is providing **FREE** tax preparation services at the Manchester Senior Center beginning **Monday, February 2nd**. Appointments take place **Monday—Thursday, 12:45 PM—2:00 PM**. AARP has no age limit, or qualifying income limit. These services are by **appointment only**. To schedule an appointment please call **860-647-6024**. Scheduling begins **January 12**.

In order to have your tax return completed please bring all tax documents to your **scheduled appointment**. The AARP volunteers will prepare your return while you wait. You do not have to be an AARP or Senior Center Member to use this service.

## Volunteer Income Tax Assistance :



The **Volunteer Income Tax Assistance** (VITA) program provides **FREE** tax preparation services at the Manchester Senior Center on **Saturdays, 9:00 AM—4:00 PM**. Please check back in February for a start date. This program is for Simple Income Tax Returns only. To qualify for this service families and individuals can make no more than **\$69,000 per year**. These services are available by appointment only. Please call **860-647-3092** to schedule. Scheduling begins **January 12**.

Please bring all tax documents to your **scheduled appointment**. The VITA volunteers will prepare your return while you wait. You do not have to be a Senior Center Member to use this service.

### **Please bring the following Documents to your appointment:**

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• All W2's for the household</li><li>• 1099 Forms (Pension, Social Security)</li><li>• Social Security cards or Individual taxpayer ID numbers for all household members</li><li>• Last year's tax return (if you have one)</li><li>• Child Care Provider name, address, and tax ID or Social Security number, if you pay childcare</li><li>• Education expenses &amp; student loan information</li></ul> | <ul style="list-style-type: none"><li>• Valid photo I.D.</li><li>• Documentation of property tax payments (home, auto)</li><li>• For direct deposit, a check or savings account and routing number</li><li>• Any other tax-related documents you have received</li><li>• If you are married and filing jointly, both you and your partner need to be present to sign the</li></ul> |
|---|--|

## SENIOR CENTER STAFF

**Eileen Faust**

Director

**Missy Rankin**

Recreation Supervisor

**Kathy Nohmy**

Senior Administrative  
Secretary

**Amy Judd**

Clerical Assistant

**AJ Jackson**

Custodian/Bus Driver

**Rick Bosco**

**Ed Cassala**

**Reggie Ginotti**

Bus Drivers

**Maria Rios**

Bilingual Program Assistant

**Lisa Cammilleri**

**Whitney Evans**

Kitchen Technicians

**Ed Paquette**

**Kitty Dudley**

Social Workers

**Diana Martin R.N.**

Health Department Nurse

## MANCHESTER SENIOR CENTER

549 East Middle Turnpike

Manchester, CT 06040

**Hours of Operation:** Monday—Friday

8:30 AM—4:30 PM

**Phone:** 860-647-3211

**FAX:** 860-647-3240

## CONTACT INFORMATION

Senior Center: **860-647-3211**

(SAFS) Senior Adult, and Family Services: **860-647-3096**

Health Department: **860-647-3173**

Missy Rankin: **860-647-3210**

Email us at:

**seniorcenter@manchesterct.gov**

## WE ARE ON FACEBOOK

“like” us and follow along for updates and information:



**<https://www.facebook.com/ManchesterCTSeniorCenter>**

## WE ARE HANDICAP ACCESSIBLE



## Senior Center Operations



**Lunch Program** – Meals are served from 12:00 PM — 12:30 PM Monday through Friday. Manchester Residents who are 60 years of age or older, or the partner of an eligible individual regardless of age, may eat lunch at the Senior Center for a suggested donation of **\$2.50**. Reservations must be made by **12:30 PM** on the day before you are joining us for lunch. Register by calling (860) 647-3211. Reservations can not be made more than a week in advance. You do not have to be a Senior Center Member to eat lunch here. Lunch menu and service questions can be directed to the front office at (860) 647-3211.



**Senior Center Transportation** – Bus rides to and from the Senior Center can be scheduled up to **3:00 PM** the day before your ride is needed. Call the Senior Center at (860) 647-3211 to schedule your ride with us. If you find that you need to cancel your ride with us, please call the office as soon as possible. We appreciate as much advance notice as possible.

### TOWN OF MANCHESTER Dial-A-Ride Services

**DIAL-A-RIDE** is a separate service from the Manchester **Senior Center Transportation** (see above).

Please direct questions or comments to Senior, Adult & Family Services at **(860) 647-3096** if you need more information.

Dial-a-Ride serves Manchester residents who are 60 years of age or older and people with disabilities. Rides are provided free of charge, Monday through Friday in Manchester for medical appointments, grocery shopping (Limit of 3 shopping bags per shopper), work, bank, post office, town hall, gym, library and social events. First pick up is 8:30 AM and last pick up is 4:00 PM. Excluding Holidays. Reservations & registration are required. **Please call (860) 870-7940, Monday - Thursday between 8:00 AM - 4:30 PM, on Fridays 8:00 AM— 1:30 PM.** In case of inclement weather, please watch WTNH or WFSB for closing or late start.

# ANNOUNCEMENTS

## CARD RENEWAL and MEMBERSHIP DETAILS

Membership renewal and new member sign-ups for 2026 begin promptly on **Monday, January 5, 2026, at 8:30 AM**. The annual membership cost is **\$10.00**, and it is valid from January 5 through December 31, 2026. Please note that membership is restricted to individuals who are **60 years of age or older** and are **Manchester residents**. If you plan on participating in any Senior Center Winter/Spring 2026 programs, **you must purchase or renew your membership before your program begins**. Please come prepared to complete your renewal as soon as possible on or after January 5th.



## Program Registration

Registration for the Winter/Spring session of programs has begun. Please register for your activities at the front desk, or by calling (860) 647-3211.

## Senior Center Advisory Committee

The senior advisory committee meets on the 1st Tuesday of every month. Next Meeting: **January 6th at 9:00 AM**. We invite all seniors to join us at the meeting. Come share your thoughts, ask questions, and help us make our center even better for everyone!

## FREE Denture Clinic:

We still have spaces available in our **FREE Denture Clinic**. If you or a loved one is struggling with ill-fitting dentures that cause discomfort or mouth soreness, this clinic offers the perfect opportunity for relief. Some of the services offered include: replace missing dentures, duplicate existing dentures, make new full upper dentures, full lower dentures, flippers, or partial dentures. If you would like to participate in this program or want to find out more information please contact The Health Collective at **860-278-4163**!

## An Afternoon of Swinging Jazz!

Come and enjoy an exciting afternoon of swinging jazz music brought to you by the talented students of the **Manchester High School Jazz Ensemble!** The MHS Jazz Ensemble is a powerhouse 21-piece big-band, featuring talented student musicians from grades 9-12. Get ready for an energetic performance that will transport you through the eras of big-band and beyond, showcasing a diverse program that includes iconic works by Duke Ellington, Count Basie, Glenn Miller, George Gershwin, Nat King Cole, Chicago, and Stevie Wonder. Mark your calendars for **Wednesday, February 18th at 1:00 PM**. The performance will be followed immediately by a refreshments reception where you can meet the students and celebrate their hard work. Due to anticipated attendance, please **call 860-647-3211 ahead to register** for this memorable musical event. We hope to see you there!



# ENERGY ASSISTANCE 2025/2026

To apply for assistance, please speak with Ed Paquette. Ed can be reached at the Manchester Senior Center by phone: **860-647-5255**, or email: [\*\*epaquette@manchesterct.gov\*\*](mailto:epaquette@manchesterct.gov).

## Documents needed to apply:

- Proof of income: 2025 Social Security statement, paystubs for previous 4 weeks, 1099 tax form for pensions; Bank statements are ONLY allowed for spousal/child support.
- Current utility bills or utility account numbers (CNG and/or Eversource)
- SNAP benefit letter or State of CT DSS ID (if you receive SNAP)
- Current lease if your heat is included in your rent and proof of subsidized housing if it applies to you.

## First time applicants must also provide:

- Social Security cards or numbers for all household members
- Name, address, and phone number of landlord (if you are a renter)
- Mortgage or tax statement if you are a homeowner

Once your application is submitted, you will be notified by the Community Renewal Team within 45 days as to whether you have been awarded a benefit and the amount of your benefit. The benefit amount will go directly to your heating company (CNG or Eversource) and will appear as a credit on your May or June account. Oil delivery customers will receive a credit on their oil account. Energy Assistance applicants are expected to make monthly payments towards their heating bills and are encouraged to participate in CNG and Eversource payment plans.

## Income Guidelines (Family Size and Income Amount)

1	2	3	4	5	6	7
\$47,764	\$62,460	\$77,157	\$91,854	\$106,550	\$121,247	\$124,002

## **HEALTH SERVICES**

### **Rest Easy: A Presentation on Healthy Sleep for Seniors**

Join us on **Thursday, January 15th**, at **11:00 AM** for an important and informative presentation focused on achieving the restorative sleep vital for healthy aging. As we get older, sleep patterns often change, but quality rest remains essential for maintaining physical health, supporting memory and cognitive function, and boosting your overall mood and energy. This session will cover practical tips for adjusting to changing sleep needs, understanding common senior-related factors that disrupt sleep, and effective strategies for establishing a comforting nightly routine. Don't miss this opportunity to learn how to get the quality rest you deserve so you can enjoy your days more fully! Please register in advance by calling **860-647-3211**.

### **Blood Pressure—Drop In**

Blood Pressure checks are every **Wednesday** from **9:30 AM—12:30 PM!** If you have any questions, or concerns, please contact the Manchester Health Department at 860-647-3173.

### **File of Life Medication Review**

30 minutes now can save valuable time in an emergency! Having a File of Life Card on your refrigerator provides important medical information to emergency responders! Nurses from the Manchester Health Department can help create your own File of Life. Please call **860-647-3211** to schedule an appointment for **Thursday, January 15th**. On the day of your appointment bring all **PRESCRIBED** and **OVER THE COUNTER** medications in a bag.

### **Foot Care**

Schedule a 30 minute appointment to meet with a nurse from Footcare By Nurses LLC. **Cost: \$45.00** (cash, check or card). Call the Manchester Health Department, **860-647-3173**, to schedule your appointment. **Upcoming Dates: January 2nd & January 16th**. Please allow at least 48 hours advance notice if you must cancel. **Diabetics are excluded from the nurse nail care services (see below).**

### **Podiatry Doctor Appointments**

Please be advised that there are **no Podiatry appointments** scheduled for January at the Senior Center. The next scheduled appointment date will be **Tuesday, February 13th**, when the First Choice Mobile Clinic Unit returns to the Senior Center parking lot. If you need to be seen before February, you must call First Choice directly to schedule an appointment with Dr. Halbfass at their main office, located at **150 North Main Street, Manchester, CT**. They can be reached at **(860) 610-6156**. If your call goes to voicemail, please leave your name and telephone number, and your call will be returned. Anyone with chronic pain, foot/ankle injury, fungal infections, or unique foot care needs related to diabetes and circulatory conditions may benefit from the specialized care of a



podiatrist. To schedule an appointment for the Mobile Clinic on **February 13th**, please call **(860) 647-3175**. **REGISTRATION IS REQUIRED**. If you don't already see a Podiatrist, take advantage of this beneficial medical service—it's time to start feeling better from the ground up!

## PROGRAMS

### AARP Smart Driver Course

This course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. You may qualify for an Auto insurance discount; check with your insurance agent for details. **Monday, January 26, 2026, 8:45 AM—12:45 PM. \$20 AARP Members and \$25 Non-Members.** Register in advance at the Senior Center. Checks only made out to **AARP**.

### Birthday Lunch

We're celebrating member birthdays on the last Wednesday of each month. Our January birthday celebration will take place on **January 28th**. Cake will be provided with lunch; be sure to register for lunch ahead of time.

### Book Group

Join the book **January 20th—The Things You Save In A Fire**, by K. Center. Meetings take place in the Senior Center Library at **10:30 AM**, register in advance. If you have questions about the book club, please contact **Janis Bouley** at [Jrbwmb40@gmail.com](mailto:Jrbwmb40@gmail.com). Books are available for the book club at the Manchester Public Library in the reference room. ALL readers are WELCOME!

### Computer Room

The Computer Room is open Monday—Friday, 8:30 AM – 4:15 PM. A senior center volunteer may be in the lab Monday, Wednesday, and Friday mornings to help with computer questions.

### Music Circle

Join the music circle to sing or play acoustic instruments with fellow music lovers. Song suggestions are welcome! **Mondays from 1:00 PM—3:00 PM**. Please register in advance.

### Friendship Circle -

Join the Friendship Circle on **Wednesday** mornings from **8:30 AM to 11:30 AM** for crafting and connection. Bring your own knitting or crochet project and enjoy the company of like-minded crafters. Drop in anytime during the meeting hours – we can't wait to welcome you! Please register in advance.

### Movie

**Tuesday, January 13th @ 1:00 PM—*Respect (2021)*** Following the rise of Aretha Franklin's career from a child singing in her father's church choir to her international superstardom, *Respect* is the remarkable true story of the music icon's journey to find her voice. Starring: Jenifer Hudson, and Forest Whitaker. Rated: PG-13 Runtime: 2 H. 25 M. Please register in advance.

### Newcomers Meeting

The Newcomer's meeting is open to Manchester Residents ages 60+. Next meeting will be on **Wednesday, January 21st at 11:00 AM**, in the Senior Center Library. You will receive introductions to our programs, and tour the facility. Please register in advance.

### Paint Program

A local artist will guide and assist you in creating your own masterpiece. No experience necessary. Class starts at **9:00 AM**. All supplies will be provided. **Cost: \$15**. Next class is on **Tuesday, January 20th**. Register beginning, January 5.





## PROGRAMS

### Royal Scarlett Gadabouts

The **Royal Scarlett Gadabouts** are the Manchester chapter of the Red Hat Society. This group meets on the **first Tuesday of every month** from **1:00 PM to 4:00 PM**. The next meeting is **Tuesday, January 6th**. If you're interested or have questions please reach out to Maelene Williams at 860-874-3421.

### Square Dancing

Join us on **Thursdays** from **12:30—2:15 PM**. **January class dates: 1/8, 1/15, 1/22, & 1/29**. **Cost: \$5 per class. Pre-registration is required before class** and is done at the front desk, or by calling the Senior Center at **(860) 647-3211**. The more the merrier, out of town participants can participate!! Please Join!

### Therapy Dogs

Bright & Beautiful Therapy Dogs will be here on **Tuesday, January 6th** from **10:30 AM – 11:30 AM**. Please feel free to come anytime during the hour to meet the dogs. If you have any questions or would like to register, please call the front desk at 860-647-3211.



### Walking Group

This group meets **Monday, Wednesday, and Friday** mornings. Walk starts at **9:00 AM**, members meet at 8:50 AM at Evergreen Walk in South Windsor. To get more information or if you have any questions please call Missy at 860-647-3210. Register to be updated with any changes. Must be a senior center member to participate.

### Hiking Schedule

Join this group to hike local trails across CT with fellow members. Hikes range from 2-4 miles and take place on Thursday afternoons from 1:00 PM—3:00 PM. Hike substitutions or cancellations may be necessary due to weather, participants will be notified of changes by e-mail. To get the most up to date information please provide your e-mail to Jim Oliphant, [jimoliphant50@gmail.com](mailto:jimoliphant50@gmail.com). Carpooling is greatly encouraged for all out-of-town locations. Must be a Senior Center member to participate.

- **January 8th—Charter Oak Park to Highland Park, Manchester**
- **January 22nd—Downtown Manchester**

### Senior Center Open Mic



We are considering launching a fun, new **Open Mic program** at the Senior Center and want to hear from you! Are you a hidden talent waiting for a spotlight, or do you simply love watching others perform? We are looking to gauge interest both from potential **participants** and **attendees**. This program would be a wonderful opportunity for seniors to share and enjoy music, storytelling, poetry, comedy, and more! If you are interested in either **performing** or simply **attending** this potential Open Mic program, please let us know! To express your interest, please call Missy at **860-647-3210**.

Explore our Calendar for a full lineup!  
Find your favorite exercise classes, card games, educational series, health classes, art programs, and more!





## Manchester—*Silk City Travelers*

### The Bobby Darin & Frank Sinatra Show

#### *Villa Louisa, Bolton CT*

Swing into the season with lunch and a matinee show starring the DeSimone brothers paying tribute to Bobby Darin & Frank Sinatra. Enjoy your favorite hits including: Splish Splash, Mack the Knife, Beyond the Sea, Fly me to the Moon, That's Amore, and many more! Please provide meal choice in advance: Baked Stuffed Chicken with Apple Cranberry Stuffing & Gravy, or Baked Sole with Crabmeat Stuffing and Lobster Sauce. All entrees served with vegetable, potato, dessert, coffee & tea. This trip is **DRIVE ON YOUR OWN**, no transportation will be provided. Arrive at Villa Louis a by **11:30 AM**. Villa Louisa is located at **60 Villa Louisa Road, Bolton, CT**. **Date:** Wednesday, April 22, 2026 **Cost:** \$90 pp. **Includes:** show, lunch, taxes and gratuities. **Checks to:** **Friendship Tours** **Deadline:** March 13. This is a new trip, please register beginning January 5.

### The Metropolitan Opera

#### *La Bohème—New York City*

Come see ***La Bohème*** at the magnificent Metropolitan Opera House. ***La Bohème***, Puccini's most popular opera, is the immortal tale of tragic young love set among the rooftops of bohemian Paris in the early 1800's. Grab a bite to eat on your own in the city before the 1:00 PM performance. The show runs 3 hours, and we have balcony seating. **Date:** Saturday, April 11, 2026 **Cost:** \$195 pp. **Includes:** Show ticket, transportation, taxes and gratuities. **Checks to:** **Friendship Tours** **Deadline:** February 23rd **Departs:** 7:15 AM **Return:** 7:15 PM. This trip has been previously advertised, register anytime.

### Trip Policies:

1. All participants must fill out and sign an Emergency Contact Form/Liability waiver before participating.
2. Make all checks out to the Tour Company listed. Include name, address and phone number on the check.
3. All Trips depart from the Senior Center Parking lot unless stated otherwise.
4. Sign up for new trips does not begin until date stated.
5. You can sign up any time for trips that have been previously advertised.
6. You do not have a secured spot on the trip until payment has been made.
7. If a trip is full your name will be placed on a waitlist, open spots will be filled in order from the wait list
8. If a person cancels a trip for any reason, no refunds will be given once payment is received unless we are able to fill your spot on the trip.

***\*SEE FLYERS FOR MORE DETAILS\****

***Questions, call Missy at***

***860-647-3210***



## — IN THE LOOP—

1. **Manchester Matters** —Sign up today to receive weekly Town of Manchester newsletters on all things Manchester: <https://www.manchesterct.gov/Government/Departments/Customer-Service-Information-Center/Manchester-Matters-E-Newsletter> or call the Customer Service & Information Center at **860-647-5235**.
2. **Support our Troops & Honor our Veterans**— Please take a moment to express your gratitude and thank a soldier for the Holiday Season. Further details are available online at <http://uwc.211ct.org/u-s-troops-how-to-support/>. Or you may contact the Military Personnel and Military families through the **Connecticut National Guard Foundation** at **360 Board Street, Room #101, Hartford, CT**. They accept monetary donations to benefit the Connecticut National Guard and organized militia members and their families and retirees in need. Open Monday-Friday from 8:00am-4:30pm. Contact them at **860-241-1550** or go online <https://ctngfi.org/>. Please find additional information on our website: <https://www.manchesterct.gov/Government/Departments/Human-Services/Veterans-Programs-and-Services>
3. **Foodshare**—Located at 2 Research Parkway Wallingford, CT. Dial **860-286-9999** and **#1** for food donations, **#5** if you would like to volunteer, and **#7** to make monetary donations.
4. **Midwest Foodbank**—Midwest Food Bank New England launched its operations in 2021 from a 55,000 sq. ft. facility in Manchester, CT. Driven by the mission to nourish body and soul, they leverage a dedicated community of volunteers who contribute over 35,000 hours annually. This commitment allows the Food Bank to rescue and distribute millions of pounds of food—free of charge—to a network of 155 agencies serving Connecticut and the surrounding region. If you would like to get involved please visit: <https://www.midwestfoodbank.org/locations/new-england> or call **860-783-1820**.



### **Happy New Year! A Friendly Health Reminder for 2026**



As we enthusiastically step into a new year full of exciting events and activities at the center, let's prioritize health as our first New Year's Resolution! The winter months often bring colds and flu, and to keep our vibrant community safe and strong, we kindly ask that you **make a commitment to stay home if you are feeling unwell**. Even mild symptoms like a cough, sore throat, or general aches mean you should take a couple of days to rest and recover. Your health, and the health of your friends and fellow members, is our top concern. Please wash your hands often and take good care of yourselves so we can all enjoy a fantastic and healthy start to 2026 together!

### **Senior Center Closing Policy:**

If Manchester Public Schools are closed due to inclement weather, all Senior Center programs, meals, and transportation for that day are canceled. However, Senior Center staff will still be available in the office during regular scheduled office hours. If Manchester Public Schools are on a two-hour delay, the Senior Center will open at 10:30 AM. Any programs, or activities scheduled to begin before 10:30 AM are canceled. For the most up-to-date information, please call the Senior Center to listen to our voice recording or check local news sources like **WFSB** or **NBC CT** for school closings.







# Manchester Senior Center Lunch Menu—January 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 1/5 – 1/9	Stuffed Peppers Garden Salad Roll *Contains dairy*	Chickpea Cauliflower Grain Bowl *Contains dairy*	Grilled BBQ Chicken Sandwich Coleslaw Potato Wedges *Contains gluten, dairy*	Pork Chop Green Beans & Mushrooms Mashed Potatoes	Clam Chowder Bread Bowl Garden Salad *Contains dairy, seafood, gluten*
<b>Week 2</b> 1/12 – 1/16	Vegetable Lasagna Garlic Bread *Contains dairy, gluten*	Lemongrass Chicken Thighs Pineapple & Basil Rice Fruit	Tuna Sandwich Chips Fruit *Contains dairy, gluten, seafood*	California Turkey Burgers with Avocado Seasoned Potatoes *Contains dairy, gluten*	Chicken Cacciatore Garlic Bread *Contains dairy, gluten*
<b>Week 3</b> 1/19 – 1/23	SENIOR CENTER CLOSED	Rice & Beans With Chicken	Shrimp Scampi Pasta Broccoli *Contains dairy, gluten, seafood*	Chicken Pot Pie Casserole Dessert *Contains dairy, gluten*	Cheeseburger Pasta Salad *Contains dairy, gluten*
<b>Week 4</b> 1/26 – 1/30	Pierogies & Kielbasa Brussel Sprouts *Contains gluten*	Salmon Squash Egg Noodles *Contains dairy, gluten, seafood*	French Toast Yogurt Fruit *Contains dairy, gluten*	Baked Spaghetti With Ground Turkey Green Beans *Contains dairy, gluten*	Shepherd's Pie Garden Salad *Contains dairy*

Please call **860-647-3211** to make a lunch reservation.  
Menu is subject to change based on availability of product.

Monday			Tuesday			Wednesday			Thursday			Friday		
<div></div> <div>JANUARY 2026</div> <div></div>						Available Daily 8:30am—4:15pm Billiards Double 6 Dominoes Computer Room			01 Happy New Year! Senior Center Closed		9:00 am Walking Group		02	
											10:00 am Bingo 12:00 pm Lunch 12:30 pm Setback 12:45 pm Cribbage Foot Care — By Appointment			
9:00 am Walking Group 10:00 am Board Games 12:00 pm Lunch 12:30 pm Pinochle 12:45 pm Samba 1:00 pm Music Circle Don't forget to renew your membership starting today!		05	9:00 am Senior Advisory 10:00 am Chess Club 10:20 am Therapy Dogs 12:00 pm Lunch 12:30 pm Mahjong 1:00 pm Red Hat Meeting 1:00 pm Watercolor & Oil		06	8:30 am Friendship Circle 9:00 am Walking Group 9:30 am Blood Pressure Drop-in 12:00 pm Lunch 12:30 pm Social Bridge 12:45 pm Mexican Train Dominoes		07	9:00 am Samba 9:30 am Scrabble 12:00 pm Lunch 12:30 pm Duplicate Bridge 12:30 pm Square Dancing 1:00 pm Hand & Foot 1:00 pm Quilting 1:00 pm Hiking		08	9:00 am Walking Group 10:00 am Bingo 12:00 pm Lunch 12:30 pm Setback 12:45 pm Cribbage		09
9:00 am Walking Group 9:30 am Ceramics 10:00 am Board Games 10:00 am Strength & Flex 11:00 am Light & Lively 12:00 pm Lunch 12:30 pm Body Sculpt/Pinochle 12:45 pm Samba 1:00 pm Music Circle 1:20 pm Light & Lively 2:20/3:20 pm Yoga		12	10:00am Chess Club 10:00 am Beginner Line Dancing 11:00 am Advanced Line Dancing 1200 pm Lunch 12:30 pm Mahjong 1:00 pm Watercolor & Oil 1:00 pm Movie: Respect 1:30 pm Advanced Tai Chi 2:30 pm Beginner Tai Chi		13	8:30 am Friendship Circle 9:00 am Walking Group 9:15 am Stronger Seniors 9:30 am Blood Pressure Drop-in 10/11:00 am Strength & Flex 12:00 pm Lunch 12:30 pm Body Sculpt 12:30 pm Social Bridge 12:45 pm Mexican Train Dominoes 1:20 pm Light & Lively 2:20/3:20 pm Yoga		14	9:00 am Samba 9:30 am Scrabble 10:00 am Cardio Drumming 11:00 am Healthy Sleep for Seniors 12:00 pm Lunch 12:30 pm Duplicate Bridge 12:30 pm Square Dancing 1:00 pm Hand & Foot 1:00 pm Quilting 2:30 pm Zumba Gold		15	9:00 am Walking Group 9:30 am Ceramics 10:00 am Bingo 10:00 am Strength & Flex 11:00 am Light & Lively 12:00 pm Lunch 12:30 pm Setback 12:30 pm Advanced Tai Chi 12:45 pm Cribbage 1:30 pm Beginner Tai Chi Foot Care — By Appointment		16
Martin Luther King Day Senior Center Closed		19	9:00 am Paint Class 10:00 am Chess Club 10:00 am Beginner Line Dancing 10:30 am Book Group 11:00 am Advanced Line Dancing 12:00 pm Lunch 12:30 pm Mahjong 1:00 pm Watercolor & Oil 1:30 pm Advanced Tai Chi 2:30 pm Beginner Tai Chi		20	8:30 am Friendship Circle 9:00 am Walking Group 9:15 am Stronger Seniors 9:30 am Blood Pressure Drop-in 10/11:00 am Strength & Flex 11:00 am Newcomer's Meeting 12:00 pm Lunch 12:30 pm Body Sculpt/Social Bridge 12:45 pm Mexican Train Dominoes 1:20 pm Light & Lively 2:20/3:20 pm Yoga		21	9:00 am Samba 9:30 am Scrabble 10:00 am Cardio Drumming 12:00 pm Lunch 12:30 pm Duplicate Bridge 12:30 pm Square Dancing 1:00 pm Hand & Foot 1:00 pm Quilting 1:00 pm Hiking 2:30 pm Zumba Gold		22	9:00 am Walking Group 9:30 am Ceramics 10:00 am Bingo 10:00 am Strength & Flex 11:00 am Light & Lively 12:00 pm Lunch 12:30 pm Setback 12:30 pm Advanced Tai Chi 12:45 pm Cribbage 1:30 pm Beginner Tai Ch		23
		8:45 am AARP Smart Driver 9:00 am Walking Group 9:30 am Ceramics 10:00 am Board Games 10:00 am Strength & Flex 11:00 am Light & Lively 12:00 pm Lunch 12:30 pm Body Sculpt/Pinochle 12:45 pm Samba 1:00 pm Music Circle 1:20 pm Light & Lively		26	10:00 am Chess Club 10:00 am Beginner Line Dancing 11:00 am Advanced Line Dancing 12:00 pm Lunch 12:30 pm Mahjong 1:00 pm Watercolor & Oil 1:30 pm Advanced Tai Chi 2:30 pm Beginner Tai Chi		27	8:30 am Friendship Circle 9:00 am Walking Group 9:15 am Stronger Seniors 9:30 am Blood Pressure Drop-in 10/11:00 am Strength & Flex 12:00 pm Birthday Lunch 12:30 pm Body Sculpt 12:30 pm Social Bridge 12:45 pm Mexican Train Dominoes 1:20 pm Light & Lively 2:20/3:20 pm Yoga		28	9:00 am Samba 9:30 am Scrabble 10:00 am Cardio Drumming 12:00 pm Lunch 12:30 pm Duplicate Bridge 12:30 pm Square Dancing 1:00 pm Hand & Foot 1:00 pm Quilting 2:30 pm Zumba Gold		29	9:00 am Walking Group 9:30 am Ceramics 10:00 am Bingo 10:00 am Strength & Flex 11:00 am Light & Lively 12:00 pm Lunch 12:30 pm Setback 12:30 pm Advanced Tai Chi 12:45 pm Cribbage 1:30 pm Beginner Tai Ch