

<i>Monday</i>			<i>Tuesday</i>			<i>Wednesday</i>			<i>Thursday</i>			<i>Friday</i>		
<p align="center"><i>Senior Center Closed</i></p> <p align="center"><i>Happy New Year!</i></p>			01	Lunch 12:00 PM	02	Friendship Circle 8:30 AM	03	Samba 9:00 AM	04	Walking Group 9:00 AM	05	Walking Group 9:00 AM		
			Mahjong 12:30 PM	02	Walking Group 9:00 AM	04	Bingo 10:00 AM	05	Bingo 10:00 AM					
			Watercolor & Oil 1:00 PM	02	Blood Pressure Drop In 9:30 AM	03	Wii Bowling 10:00 AM	04	Lunch 12:00 PM	05	Lunch 12:00 PM			
			Red Hats 1:00 PM	02	Lunch 12:00 PM	03	Cornhole 11:00 AM	04	Setback 12:30 PM					
					02	Social Bridge 12:30 PM	03	Lunch 12:00 PM	04	Cribbage 12:45 PM	05	Foot Care—By Appointment		
					02	Dominoes 12:45 PM	03	Duplicate Bridge 12:30 PM	04	Square Dancing 12:30 PM	05	Quilting 1:00 PM	06	Hand & Foot 1:00 PM
					02	2024 Membership Renewals starts Today!	03	Hiking Group 1:00 PM	04		05			
					02	Membership is FREE for Manchester Residents	03		04		05			
Walking Group 9:00 AM	08	Wood Shop 9:00 AM	09	Friendship Circle 8:30 AM	10	Samba 9:00 AM	11	Walking Group 9:00 AM	12	Walking Group 9:00 AM				
Ceramics/Women's Grp 9:30 AM	08	Senior Circle 10:00 AM	09	Walking Group/Wood Shop 9:00 AM	10	Scrabble 9:30 AM	11	Piano Lessons 9:00 AM	12	Piano Lessons 9:00 AM				
Strength & Flex 10:00 AM	08	Beginner Line Dancing 10:00 AM	09	Stronger Seniors 9:15 AM	10	Wii Bowling 10:00 AM	11	Ceramics 9:30 AM	12	Ceramics 9:30 AM				
Men's Group 10:45 AM	08	Therapy Dogs 10:30 AM	09	Blood Pressure Drop In 9:30 AM	10	Cardio Drumming 10:00 AM	11	Bingo 10:00 AM	12	Bingo 10:00 AM				
Light & Lively 11:00 AM	08	Advanced Line Dancing 11:00 AM	09	ECHN Diabetes Jan. Session 10:00 AM	10	Cornhole 11:00 AM	11	Strength & Flex 10:00 AM	12	Strength & Flex 10:00 AM				
Lunch 12:00 PM	08	Lunch 12:00 PM	09	Strength & Flex 10/11:00 AM	10	Lunch 12:00 PM	11	Light & Lively 11:00 AM	12	Light & Lively 11:00 AM				
Body Sculpt/Pinochle 12:30 PM	08	Mahjong 12:30 PM	09	Newcomer's Meeting 11:00 AM	10	Duplicate Bridge 12:30 PM	11	Lunch 12:00 PM	12	Lunch 12:00 PM				
Music Circle 1:00 PM	08	Monthly Movie: The Upside 1:00 PM	09	Lunch 12:00 PM	10	Square Dancing 12:30 PM	11	Setback 12:30 PM	12	Setback 12:30 PM				
Light & Lively 1:20 PM	08	Watercolor & Oil 1:00 PM	09	Body Sculpt/Social Bridge 12:30 PM	10	Quilting 1:00 PM	11	Advanced Tai Chi 12:30 PM	12	Advanced Tai Chi 12:30 PM				
Yoga 2:20/3:20 PM	08	Advanced Tai Chi 1:30 PM	09	Dominoes 12:45 PM	10	Hand & Foot 1:00 PM	11	Cribbage 12:45 PM	12	Cribbage 12:45 PM				
			Beginner Tai Chi 2:30 PM	09	Light & Lively 1:20 PM	10	Zumba 2:30 PM	11	Beginner Tai Chi 1:30 PM	12	Beginner Tai Chi 1:30 PM			
						15	Friendship Circle 8:30 AM	16	Samba 9:00 AM	17	Walking Group 9:00 AM	18	Walking Group 9:00 AM	
							15	Walking Group/Wood Shop 9:00 AM	16	Scrabble 9:30 AM	17	Piano Lessons 9:00 AM	18	Piano Lessons 9:00 AM
								Stronger Seniors 9:15 AM	16	Wii Bowling 10:00 AM	17	Ceramics 9:30 AM	18	Ceramics 9:30 AM
								Blood Pressure Drop In 9:30 AM	16	Cardio Drumming 10:00 AM	17	Bingo 10:00 AM	18	Bingo 10:00 AM
								ECHN Diabetes Info Session 10:00 AM	16	Cornhole 11:00 AM	17	Strength & Flex 10:00 AM	18	Strength & Flex 10:00 AM
								Strength & Flex 10/11:00 AM	16	Lunch 12:00 PM	17	Light & Lively 11:00 AM	18	Light & Lively 11:00 AM
								Lunch 12:00 PM	16	Duplicate Bridge 12:30 PM	17	Lunch 12:00 PM	18	Lunch 12:00 PM
								Lunch 12:30 PM	16	Square Dancing 12:30 PM	17	Setback 12:30 PM	18	Setback 12:30 PM
								Body Sculpt/Social Bridge 12:30 PM	16	Quilting/Hand & Foot 1:00 PM	17	Advanced Tai Chi 12:30 PM	18	Advanced Tai Chi 12:30 PM
								Dominoes 12:45 PM	16	Hiking Group 1:00 PM	17	Cribbage 12:45 PM	18	Cribbage 12:45 PM
								Light & Lively 1:20 PM	16	Zumba 2:30 PM	17	Beginner Tai Chi 1:30 PM	18	Beginner Tai Chi 1:30 PM
								Yoga 2:20/3:20 PM	16	File of Life by Appointment	17	Foot Care—By Appointment	18	Foot Care—By Appointment
								19	Walking Group 9:00 AM	20	Walking Group 9:00 AM	21	Walking Group 9:00 AM	
								19	Piano Lessons 9:00 AM	20	Piano Lessons 9:00 AM	21	Piano Lessons 9:00 AM	
								20	Stronger Seniors 9:15 AM	20	Ceramics 9:30 AM	21	Ceramics 9:30 AM	
								20	Blood Pressure Drop In 9:30 AM	20	Bingo 10:00 AM	21	Bingo 10:00 AM	
								20	ECHN Diabetes Info Session 10:00 AM	20	Strength & Flex 10:00 AM	21	Strength & Flex 10:00 AM	
								20	Strength & Flex 10/11:00 AM	20	Light & Lively 11:00 AM	21	Light & Lively 11:00 AM	
								20	Lunch 12:00 PM	20	Lunch 12:00 PM	21	Lunch 12:00 PM	
								20	Lunch 12:30 PM	20	Setback 12:30 PM	21	Setback 12:30 PM	
								20	Body Sculpt/Social Bridge 12:30 PM	20	Advanced Tai Chi 12:30 PM	21	Advanced Tai Chi 12:30 PM	
								20	Dominoes 12:45 PM	20	Cribbage 12:45 PM	21	Cribbage 12:45 PM	
								20	Light & Lively 1:20 PM	20	Beginner Tai Chi 1:30 PM	21	Beginner Tai Chi 1:30 PM	
								20	Yoga 2:20/3:20 PM	20		21		
								22	Friendship Circle 8:30 AM	23	Samba 9:00 AM	24	Walking Group 9:00 AM	
								22	Walking Group/Wood Shop 9:00 AM	23	Scrabble 9:30 AM	24	Piano Lessons 9:00 AM	
								22	Stronger Seniors 9:15 AM	23	Wii Bowling 10:00 AM	24	Ceramics 9:30 AM	
								22	Blood Pressure Drop In 9:30 AM	23	Cardio Drumming 10:00 AM	24	Bingo 10:00 AM	
								22	Immunization Presentation 10:00 AM	23	Cornhole 11:00 AM	24	Strength & Flex 10:00 AM	
								22	Strength & Flex 10/11:00 AM	23	Lunch 12:00 PM	24	Light & Lively 11:00 AM	
								22	Lunch 12:00 PM	23	Duplicate Bridge 12:30 PM	24	Lunch 12:00 PM	
								22	Body Sculpt/Social Bridge 12:30 PM	23	Square Dancing 12:30 PM	24	Setback 12:30 PM	
								22	Dominoes 12:45 PM	23	Quilting 1:00 PM	24	Advanced Tai Chi 12:30 PM	
								22	Light & Lively 1:20 PM	23	Hand & Foot 1:00 PM	24	Cribbage 12:45 PM	
								22	Yoga 2:20/3:20 PM	23	Zumba 2:30 PM	24	Beginner Tai Chi 1:30 PM	
								29	Friendship Circle 8:30 AM	30	<i>Available every day from</i>			<h1>January</h1> <h1>2024</h1>
								29	Walking Group/Wood Shop 9:00 AM	30	<i>8:30 AM—4:15 PM</i>			
								29	Stronger Seniors 9:15 AM	30	Billiards			
								29	Blood Pressure Drop In 9:30 AM	30	Computer Room			
								29	Immunization Presentation 10:00 AM	30	Ping Pong			
								29	Strength & Flex 10/11:00 AM	30				
								29	Lunch 12:00 PM	30				
								29	Lunch 12:30 PM	30				
								29	Body Sculpt/Social Bridge 12:30 PM	30				
								29	Dominoes 12:45 PM	30				
								29	Light & Lively 1:20 PM	30				
								29	Yoga 2:20/3:20 PM	30				
								30	Friendship Circle 8:30 AM	31				
								30	Walking Group/Wood Shop 9:00 AM	31				
								30	Stronger Seniors 9:15 AM	31				
								30	Blood Pressure Drop In 9:30 AM	31				
								30	Immunization Presentation 10:00 AM	31				
								30	Strength & Flex 10/11:00 AM	31				
								30	Lunch 12:00 PM	31				
								30	Lunch 12:30 PM	31				
								30	Body Sculpt/Social Bridge 12:30 PM	31				
								30	Dominoes 12:45 PM	31				
								30	Light & Lively 1:20 PM	31				
								30	Yoga 2:20/3:20 PM	31				
								31	Friendship Circle 8:30 AM	31				
								31	Walking Group/Wood Shop 9:00 AM	31				
								31	Stronger Seniors 9:15 AM	31				
								31	Blood Pressure Drop In 9:30 AM	31				
								31	Immunization Presentation 10:00 AM	31				
								31	Strength & Flex 10/11:00 AM	31				
								31	Lunch 12:00 PM	31				
								31	Lunch 12:30 PM	31				
								31	Body Sculpt/Social Bridge 12:30 PM	31				
								31	Dominoes 12:45 PM	31				
								31	Light & Lively 1:20 PM	31				
								31	Yoga 2:20/3:20 PM	31				