

CENTER: 440-373-5015
 NURITION: 440-373-5017
 BUS: 440-943-7120

JANUARY 2022

WICKLIFFE SENIOR PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED!	4 CHAIR YOGA 9 AM CLOGGING 9:30 AM SENIOR EXERCISE 10:15 AM LUNCH 11:30 AM KNITTING/CROCHETING 12:30	5 PODIATRIST ADVANCED TAP 10:15 AM LUNCH - 11:30 AM LINE DANCING 1 PM	6 CHAIR YOGA 9 AM SENIOR EXERCISE 10:15 AM BOOK CLUB 10:30 AM LUNCH - 11:30 AM ART CLASS 1-3 PM	7 LUNCH - 11:30 AM
10 LUNCH 11:30 PINOCHLE 12:30-3:30 CORN HOLE 1 PM	11 CHAIR YOGA 9 AM CLOGGING 9:30 AM BOARD MEETING 10 AM SENIOR EXERCISE 10:15 AM LUNCH 11:30 AM KNITTING/CROCHETING 12:30	12 ADVANCED TAP 10:15 AM LUNCH - 11:30 AM LINE DANCING 1 PM	13 CHAIR YOGA 9 AM SENIOR EXERCISE 10:15 AM LUNCH - 11:30 AM ART CLASS 1-3 PM	14 LUNCH - 11:30 AM
17 CLOSED!	18 CHAIR YOGA 9 AM CLOGGING 9:30 AM SENIOR EXERCISE 10:15 AM LUNCH 11:30 AM KNITTING/CROCHETING 12:30	19 ***VETERANS' GROUP*** DEB WILLIAMS 12:15 AM ADVANCED TAP 10:15 AM LCCOA SELENA COX 10:30-12 LUNCH - 11:30 AM LINE DANCING 1 PM	20 CHAIR YOGA 9 AM SENIOR EXERCISE 10:15 AM LUNCH - 11:30 AM ART CLASS 1-3 PM	21 ATTORNEY 9 - 11 AM LUNCH - 11:30 AM
24 LUNCH 11:30 PINOCHLE 12:30-3:30 CORN HOLE 1 PM	25 CHAIR YOGA 9 AM CLOGGING 9:30 AM SENIOR EXERCISE 10:15 AM LUNCH 11:30 AM KNITTING/CROCHETING 12:30	26 ADVANCED TAP 10:15 AM LUNCH - 11:30 AM LINE DANCING 1 PM	27 REIKI SESSIONS 10-11 AM CHAIR YOGA 9 AM SENIOR EXERCISE 10:15 AM LUNCH - 11:30 AM ART CLASS 1-3 PM	28 LUNCH - 11:30 AM
31 LUNCH 11:30 PINOCHLE 12:30-3:30 CORN HOLE 1 PM				