

# January 2019



Clay Senior Activity Center

681-0238

Beth Petty, Director















Mon

Tue

Wed

Thu

Fri

	<p>1 <u>CENTER IS CLOSED!</u> Happy New Year 2019 Mary Cox</p>	<p>2 BP checks with the firemen</p> 	<p>3 <u>Welcome back!</u> Let's play some games!</p> 	<p>4 <u>Nutritional Info</u></p>  <p>Hugh Davis (January 5)</p>
<p>7 BRIDGE ROOK BINGO 9 CARD GOLF</p>	<p>8 Don't forget</p>  <p>COUPONS</p>	<p>9 <u>"Mindful eating"</u> Nutritional information</p> 	<p>10 Canasta games</p> 	<p>11 ALL GAMES</p>
<p>14 Bridge Bingo Rook</p>	<p>15 <u>Nutritional Info</u></p> <p>MILK: Choose skim!</p> 	<p>16 exercise time</p> <p>11:30- 11:45</p> 	<p>17 Canasta games</p>	<p>18 Day Trip (destination to be announced) Sissy Thomas (January 19)</p>
<p>21</p>  <p><u>Center is closed!</u></p>	<p>22 All Games</p>	<p>23</p>  <p>Chair exercises 11:30</p>	<p>24 Nutritional info: <u>Restaurant Meals</u> All Games</p>	<p>25 Let's play BINGO</p>  <p>*Celebrate January birthdays</p>
<p>28 Nutritional info: <u>Your fitness level</u> games puzzles Ed Mercer</p>	<p>29</p>  <p>UNO</p> 	<p>30 Wii Bowling</p>  <p>Tom Roehrig</p>	<p>31 Birthdays in Blue</p> 	<p>Center open Monday-Friday 9:00-1:00</p>

