

Calendar of Events

NHC Senior Resource Center

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30-10:30 Line Dancing 10:30-11:00 Bingo 11:15-12:00 Lunch 12:30-1:30 Yoga	4 9:30-10:30 Senior Strength 1.0* 10:30-11:00 Coffee Talk 11:15-12:00 Lunch	5 9:30-10:00 Puzzles 10-10:50 Geri-Fit 11:15-12:00 Lunch	6 9:30-10:00 Bingo 10-10:50 Dancin' to the Oldies 11:15-12:00 Lunch	7 9:30-10:00 Ted Talk 10:00-10:50 Senior Strength w/ Gayla* 11:15-12:00 Lunch
10 9:30-10:30 Line Dancing 10:30-11:00 Bingo 11:15-12:00 Lunch 12:30-1:30 Yoga	11 9:30-10:30 Senior Strength 1.0* 10:30-11:00 Games 11:15-12:00 Lunch	12 9:30-10:00 Nutrition Talk 10:00-10:50 Geri-Fit 11:15-12:00 Lunch	13 9:30-10:00 Bingo 10-10:50 Coffee Talk 11:15-12:00 Lunch	14 9:30-10:00 Games 10:00-10:50 Senior Strength w/ Gayla* 11:15-12:00 Lunch
17 CLOSED – MARTIN LUTHER KING JR DAY	18 9:30-10:30 Senior Strength 1.0* 10:30-11:00 Coffee Talk 11:15-12:00 Lunch	19 9:30-10:00 Yatzee 10:00-10:50 Geri-Fit 11:15-12:00 Lunch	20 9:30-10:00 Bingo 10-10:50 Dancin' to the Oldies Library 11:15-12:00 Lunch	21 9:30-10:00 Art Day! 10:00-10:50 Senior Strength w/ Gayla* 11:15-12:00 Lunch
24 9:30-10:30 Line Dancing 10:30-11:00 Bingo 11:15-12:00 Lunch 12:30-1:30 Yoga	25 9:30-10:30 Senior Strength 1.0* 10:30-11:00 Games 11:15-12:00 Lunch	26 9:30-10 Ted Talk 10:00-10:50 Geri-Fit 11:15-12:00 Lunch	27 9:30-10:00 Bingo 10-10:50 Coffee Talk 11:15-12:00 Lunch	28 9:30-10:00 Games 10:00-10:50 Senior Strength w/ Gayla* 11:15-12:00 Lunch
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***Class/Discussion offered virtually**

Dancin' to the Oldies – get up and dance to popular songs!

Coffee Talk - A conversation with SRC staff and special guests, covering a wide array of topics.

Senior Strength w/ Gayla – strength training class using light hand weights (**prerecorded class**)

Art Day! - join us for different art activities such as painting, drawing, coloring, etc.

Yoga – please bring your own yoga mat. Moves can be modified if you are more comfortable using a chair!

