



WEEKLY ACTIVITIES

- Mon., Jan. 4:** 10:00 a.m., Chair Dance Yoga
2:00 p.m., Art with Mary
- Tues., Jan. 5:** 10:00 a.m., Yoga and Stretching
2:00 p.m., B-I-N-G-O !!!
- Wed., Jan. 6:** 10:00 a.m., Low Impact Exercise
2:00 p.m., Cooking with Beth
- Thur., Jan. 7:** 10:00 a.m., Working with Weights
2:00 p.m., UNO Challenge
- Fri. Jan. 8:** 10:00 a.m., Walk-a-Mile Challenge
2:00 p.m., Karaoke!

