



WEEKLY ACTIVITIES

Mon., Jan. 17: ★ **Martin Luther King Jr. Day** ★

10:00 a.m. - Tai Chi

2:00 p.m. - Movie and Hot Cocoa (Sugar Free, of course!)

Tues., Jan. 18: 10:00 a.m. - Nature Walk @ Hosanna. Wear Hat & Gloves!

2:00 p.m. - UNO Tournament!!!!

Wed., Jan. 19: 10:00 a.m. - Chair Dance Yoga

2:00 p.m. - Art with Mary

Thurs., Jan. 20: 10:00 a.m. - Low Impact Exercise

2:00 p.m. - Healthy Cooking with Beth

Frid., Jan. 21: 10:00 a.m. - Walk-a-Mile

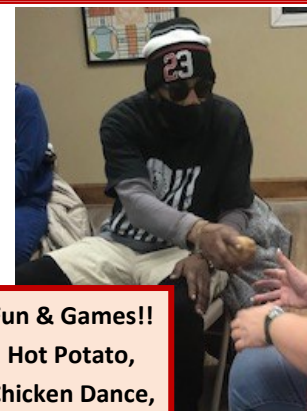
2:00 p.m. - Memory Match Game!!



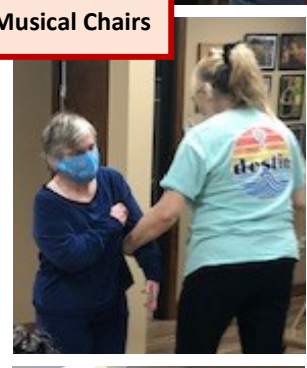
Raise your hand if you remember the Great Snowfall of 1993—20 inches of snow Mar. 12! According to the Farmer's Almanac, the best chances for snow for us this year are late December to early January and mid-to late January. Keep your fingers crossed!!



All You Need is Love ...
plus a needle and some
thread to make a sweet
cross stitch heart!



Fun & Games!!
Hot Potato,
Chicken Dance,
Musical Chairs



MLK Day 2021: Hands of Caring

