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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | 2**CENTER****CLOSED** | **3** **Foot Care with Alisha By apt**8:00 Billiards12:00 Senior belly dancers | **4**8:00 Billiards9:00 Exercise10:00 Tai chi10:00 Crafts10:00 Computers2:00 Meditation 4:00 Yoga | **5 MASSAGE THERAPY BY Evelyn Crist Call to Schedule** (by apt only) 503.961.53228:00 Billiards 1:00 Hand & Foot Card Game1:00 Sudoku | **6**9:00 Exercise class10:00 Bingo11:00 BandPalliative care A Lunch time conversation 1:00 Line Dancing**(Wear STRIPES)** |  |
| **8**6PMSQUARE DANCING | **9**8:00 Billiards9:00 Exercise class9:00 Board meeting10:00 Art & painting6:00 Pinochle | **10****Foot Care with Alisha By apt**8:00 Billiards12:00 Senior belly dancers | **11****Foot Care with Alisha By apt**8:00 Billiards9:00 Exercise class10:00 Tai Chi10:00 Computers4:00 Yoga | **12****Foot Care with Alisha By apt**8:00 Billiards 1:00 Hand & Foot Card Game1:00 Sudoku | **13**9:00 Exercise class10:00 Bingo 10:00 Avamere Senior Living11:00 Band & Root beer float 1:00 Line Dancing**(Wear PEACH)** |  |
| **15**6PMSQUARE DANCING | **16**8:00 Billiards9:00 Exercise class10:00 Art & painting6:00 Pinochle | **17**12:00 Senior belly dancers  | **18****Foot Care with Alisha By apt**8:00 Billiards9:00 Exercise class10:00 Tai Chi10:00 Crafts4:00 Yoga | **19**8:00 Business Leaders’ Networking Group8:00 Billiards 1:00 Hand & Foot Card Game1:00 Sudoku | **20**9:00 Exercise class10:00 Bingo 10:00 Avamere Senior Living11:00 Band 1:00 Line Dancing**BIRTHDAY CAKE****Provided by Understanding My Medicare****(Wear GREY)** |  |
| **22**6PMSQUARE DANCING | **23**8:00 Billiards9:00 Exercise class10:00 Art & painting6:00 Pinochle | **24**8:00 Billiards11:00 Blood Drive12:00 Senior belly dancers | **25** 8:00 Billiards9:00 Exercise class10:00 Tai Chi10:00 Crafts10:00 Computers4:00 Yoga | **26**8:00 Billiards1:00 Hand & Foot Card Game1:00 Sudoku | **27**9:00 Exercise Class10:00 Bingo11:00 Band1:00 Line Dancing**(Wear PLAID)** |  |
| **28**6PMSQUARE DANCING | **30**8:00 Billiards9:00 Exercise class10:00 Art & painting6:00 Pinochle | **31****Foot Care with Alisha By apt**8:00 Billiards12:00 Senior belly dancers |  | **January Birthstone****Garnet** |  |  |