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| SUNDAY | | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | 2 **CENTER**  **CLOSED** | | **3**  **Foot Care with Alisha By apt**  8:00 Billiards  12:00 Senior belly dancers | **4**  8:00 Billiards  9:00 Exercise  10:00 Tai chi  10:00 Crafts  10:00 Computers  2:00 Meditation  4:00 Yoga | **5 MASSAGE THERAPY BY Evelyn Crist Call to Schedule** (by apt only) 503.961.5322  8:00 Billiards  1:00 Hand & Foot Card Game  1:00 Sudoku | **6**  9:00 Exercise class  10:00 Bingo  11:00 Band  Palliative care A Lunch time conversation  1:00 Line Dancing  **(Wear STRIPES)** |  |
| **8**  6PM  SQUARE DANCING | | **9**  8:00 Billiards  9:00 Exercise class  9:00 Board meeting  10:00 Art & painting  6:00 Pinochle | **10**  **Foot Care with Alisha By apt**  8:00 Billiards  12:00 Senior belly dancers | **11**  **Foot Care with Alisha By apt**  8:00 Billiards  9:00 Exercise class  10:00 Tai Chi  10:00 Computers  4:00 Yoga | **12**  **Foot Care with Alisha By apt**  8:00 Billiards  1:00 Hand & Foot Card Game  1:00 Sudoku | **13**  9:00 Exercise class  10:00 Bingo  10:00 Avamere Senior Living  11:00 Band & Root beer float  1:00 Line Dancing  **(Wear PEACH)** |  |
| **15**  6PM  SQUARE DANCING | | **16**  8:00 Billiards  9:00 Exercise class  10:00 Art & painting  6:00 Pinochle | **17**  12:00 Senior belly dancers | **18**  **Foot Care with Alisha By apt**  8:00 Billiards  9:00 Exercise class  10:00 Tai Chi  10:00 Crafts  4:00 Yoga | **19**  8:00 Business Leaders’ Networking Group  8:00 Billiards  1:00 Hand & Foot Card Game  1:00 Sudoku | **20**  9:00 Exercise class  10:00 Bingo  10:00 Avamere Senior Living  11:00 Band  1:00 Line Dancing  **BIRTHDAY CAKE**  **Provided by Understanding My Medicare**  **(Wear GREY)** |  |
| **22**  6PM  SQUARE DANCING | | **23**  8:00 Billiards  9:00 Exercise class  10:00 Art & painting  6:00 Pinochle | **24**  8:00 Billiards  11:00 Blood Drive  12:00 Senior belly dancers | **25**  8:00 Billiards  9:00 Exercise class  10:00 Tai Chi  10:00 Crafts  10:00 Computers  4:00 Yoga | **26**  8:00 Billiards  1:00 Hand & Foot Card Game  1:00 Sudoku | **27**  9:00 Exercise Class  10:00 Bingo  11:00 Band  1:00 Line Dancing  **(Wear PLAID)** |  |
| **28**    6PM  SQUARE DANCING | | **30**  8:00 Billiards  9:00 Exercise class  10:00 Art & painting  6:00 Pinochle | **31**  **Foot Care with Alisha By apt**  8:00 Billiards  12:00 Senior belly dancers |  | **January Birthstone**  **Garnet** |  |  |