

JANUARY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLOSED 	2 9:15 CHAIR YOGA 12:00 LUNCH 12:30 CARDS <u>1:00 SHINE</u>	3 10:00 TAP DANCING 1:00 <u>Hearing Exams</u>	4
5 <i>9 AM Mass at St. Michael's</i>	6 9:30 ZUMBA GOLD 1:30 TAI CHI	7 9:15 FIT FOR LIFE 12:00 LUNCH	8	9 9:15 CHAIR YOGA 12:00 LUNCH 12:00 <u>Blood Pressure Clinic</u> 12:30 CARDS 12:30 TRIAD	10 10:00 TAP DANCING MOVIE DAY – Call COA for info	11 <i>4:30 p.m. Ham & Bean Supper - Avon Baptist Church</i>
12 <i>9 AM Mass at St. Michael's</i>	13 9:30 ZUMBA GOLD 1:30 TAI CHI	14 9:15 FIT FOR LIFE 12:00 LUNCH 12:30 CARDS 1:00 <u>Ask a Lawyer</u>	15 <i>12:00 Ecumenical Luncheon – Avon Baptist Church</i>	16 9:15 CHAIR YOGA 12:00 LUNCH 12:30 CARDS 12:30 COA BOARD MEETING	17 10:00 TAP DANCING	18
19 <i>9 AM Mass at St. Michael's</i>	20 CLOSED MLK DAY	21 9:15 FIT FOR LIFE 12:00 LUNCH 12:30 CARDS	22	23 9:15 CHAIR YOGA 12:00 LUNCH 12:30 CARDS	24 10:00 TAP DANCING	25

26 9 AM Mass at St. Michael's	27 9:30 ZUMBA GOLD 1:30 TAI CHI	28 9:15 FIT FOR LIFE 12:00 LUNCH 12:30 CARDS	29	30 9:15 CHAIR YOGA 12:00 LUNCH 12:30 CARDS	31	
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