

January 2019 – Hayward Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1) CENTER CLOSED Happy New Year!	2) 9am Bridge (LL) 9am – 1pm Respite (RR) 10am Advisory Board Mtg 1pm Sip 'n Swipe (LL) 1pm Pinochle and 500	3) 12:15 Total Body Strength 1pm Mexican Train (DR) 1:45 Silver Sneakers (LL) 6:15 Progressive Bingo	4) 10am Art Group (LL) 1pm Casual Bingo (DR)	5) 1pm Pinochle and 500	6)
7) 11 – Silver Sneakers (LL) 1pm Pinochle and 500	8) 10am Tech Help (DR) 8:30am Yoga (LL) 1pm – Caregivers Support Group (RR) 1pm – Cribbage (DR) 4:30pm Yoga (LL)	9) 9am Bridge (LL) 9am – 1pm Respite (RR) 1pm Sip 'n Swipe (LL) 1pm Pinochle and 500	10) 8:30 Yoga (LL) 10am Yoga (LL) 12:15 Total Body Strength 1pm Mexican Train (DR) 1pm – Cribbage (DR) 1:45 Silver Sneakers (LL) 6:15 Progressive Bingo	11) 10am Art Group (LL) 1pm Casual Bingo (DR)	12) 10am – 4pm Northwoods Carving Club (LL) 1pm Pinochle and 500	13)
14) 11 – Silver Sneakers (LL) 1pm – Aging Well (LL) 1pm Pinochle and 500 6pm – Bingo @ TNT's	15) 10am Tech Help (DR) 8:30am Yoga (LL) 1pm – Cribbage (DR) 4:30pm Yoga (LL)	16) 9am Bridge (LL) 9am – 1pm Respite (RR) 1pm Sip 'n Swipe (LL) 1pm Pinochle and 500 1pm SRC Board Mtg (LL)	17) 8:30 Yoga (LL) 10am Yoga (LL) 12:15 Total Body Strength 1pm Mexican Train (DR) 1pm – Cribbage (DR) 1:45 Silver Sneakers (LL) 6:15 Progressive Bingo	18) 10am Art Group (LL) 1pm Casual Bingo (DR)	19) 1pm Pinochle and 500	20)
21) 11 – Silver Sneakers (LL) 1pm Pinochle and 500	22) 10am Tech Help (DR) 8:30am Yoga (LL) 11:30 Elder Benefits Specialist on Site (DR) 1pm – Cribbage (DR) 4:30pm Yoga (LL)	23) 9am Bridge (LL) 9am – 1pm Respite (RR) 1pm Sip 'n Swipe (LL) 1pm Pinochle and 500	24) 8:30 Yoga (LL) 10am Yoga (LL) 12:15 Total Body Strength 1pm Mexican Train (DR) 1pm – Cribbage (DR) 1:45 Silver Sneakers (LL) 6:15 Progressive Bingo	25) 10am Art Group (LL) 1pm Casual Bingo (DR)	26) 1pm Pinochle and 500	27)
28) 11 – Silver Sneakers (LL) 1pm Aging Well in the Northwoods (LL) 1pm Pinochle and 500 6pm – Bingo @ TNT's	29) 10am Tech Help (DR) 8:30am Yoga (LL) 1pm – Cribbage (DR) 4:30pm Yoga (LL)	30) 9am Bridge (LL) 9am – 1pm Respite (RR) 1pm Sip 'n Swipe (LL)	31) 8:30 Yoga (LL) 10am Yoga (LL) 12:15 Total Body Strength 1pm Mexican Train (DR) 1pm – Cribbage (DR) 1:45 Silver Sneakers (LL) 6:15 Progressive Bingo			

LL = Lower Level Meeting Room RR = Lower Level Respite Room DR= Upstairs Dining Room