





# FORSYTH SENIOR CENTER



## January 2021

| Sun   | Mon   | Tue   | Wed  | Thu   | Fri   | Sat   |
|---|---|---|--|---|---|---|
|  |  |  |      |  | <b>1</b><br><b>HAPPY NEW YEAR!</b><br><b>CENTER CLOSED!</b> | <b>2</b>  |
| <b>3</b>  | <b>4</b><br>8:00 EXERCISE<br>9:00 ARTHRITIS CLASS                                 | <b>5</b><br>DECORATE CENTER<br>12:30 WHEEL OF FORTUNE                             | <b>6</b><br>8:00 EXERCISE<br>9:00 ADVANCED ARTHRITIS CLASS                             | <b>7</b><br>INDOOR CARDIO<br>12:30 CASH BINGO!                                      | <b>8</b><br>8:00 EXERCISE<br>9:00 ARTHRITIS CLASS           | <b>9</b>  |
| <b>10</b>   | <b>11</b><br>8:00 EXERCISE<br>9:00 ARTHRITIS CLASS<br>TRIP TO COLSTRIP            | <b>12</b><br>MONTHLY BIRTHDAY PARTY<br>12:30 LINDA WOLFF FROM ACTION AT CENTER    | <b>13</b><br>8:00 EXERCISE<br>9:00 ADVANCED ARTHRITIS CLASS<br>12:30 INDOOR GAME DAY   | <b>14</b><br>INDOOR CARDIO<br>12:30 CASH BINGO!                                     | <b>15</b><br>8:00 EXERCISE<br>9:00 ARTHRITIS CLASS          | <b>16</b>   |
| <b>17</b>   | <b>18</b><br><b>MARTIN LUTHER KING JR DAY!</b><br><b>CENTER CLOSED!</b>           | <b>19</b><br>TACO TUESDAY<br>FOOT CLINIC<br>12:30 OUTREACH CRAFTS                 | <b>20</b><br>8:00 EXERCISE<br>9:00 ADVANCED ARTHRITIS CLASS<br>1:00 CRAFTS IN COLSTRIP | <b>21</b><br>INDOOR CARDIO<br>CASH BINGO!   | <b>22</b><br>8:00 EXERCISE<br>9:00 ARTHRITIS CLASS          | <b>23</b>   |
| <b>24</b>   | <b>25</b><br>8:00 EXERCISE<br>9:00 ARTHRITIS CLASS<br>TRIP TO COLSTRIP            | <b>26</b><br>CARD SOCIAL  | <b>27</b><br>8:00 EXERCISE<br>9:00 ADVANCED ARTHRITIS CLASS                            | <b>28</b><br>10:00 TRIVIA CONTEST<br>INDOOR CARDIO<br>CASH BINGO!                   | <b>29</b><br>8:00 EXERCISE<br>9:00 ARTHRITIS CLASS          | <b>30</b>   |
| <b>31</b>   | <b>ALL ACTIVITES ARE SUBJECT TO CHANGE!</b>                                       |   |  |   |   |  |