

FORSYTH SENIOR CENTER

ACTIVITIES

JANUARY 2024

ACTIVITIES SCHEDULE				
Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 CHAIR EXERCISES 9 :00 A.M	3 ADVANCED ARTHRITIS/YOGA CLASS 8:30 A.M W/DEB CRAFTS W/HEAVEN @ 10AM	4 CHAIR EXERCISES 9 :00 A.M BINGO 12 :30 STRETCHING/YOGA W/DEB 10:00 AM	5 S.A.I.L BALANCE&EXERCISE CLASS 9 :00 A.M
8 S.A.I.L BALANCE&EXERCISE CLASS 9 :00 A.M	9 BIRTHDAY DAY!! CHAIR EXERCISES 9 :00 A.M	10 ADVANCED ARTHRITIS/YOGA CLASS 8:30 A.M W/DEB	11 CHAIR EXERCISES 9 :00 A.M BINGO 12 :30 STRETCHING/YOGA W/DEB 10:00 AM	12 S.A.I.L BALANCE&EXERCISE CLASS 9 :00 A.M WHEEL OF FORTUNE 1:00 PM
15 CLOSED	16 CRAFTS W/KAYLA 12 :30 CHAIR EXERCISES 9 :00 A.M FOOT CLINIC-CALL TO MAKE AN APPOINTMENT	17 ADVANCED ARTHRITIS/YOGA CLASS 8:30 A.M W/DEB CRAFTS W/HEAVEN @ 10AM	18 CHAIR EXERCISES 9 :00 A.M BINGO 12 :30 STRETCHING/YOGA W/DEB 10:00 AM	19 S.A.I.L BALANCE&EXERCISE CLASS 9 :00 A.M
22 S.A.I.L BALANCE&EXERCISE CLASS 9 :00 A.M	23 CHAIR EXERCISES 9 :00 A.M CARD SOCIAL-COME PLAY CARDS!	24 ADVANCED ARTHRITIS/YOGA CLASS 8:30 A.M W/DEB	25 CHAIR EXERCISES 9 :00 A.M BINGO 12 :30 STRETCHING/YOGA W/DEB 10:00 AM	26 S.A.I.L BALANCE&EXERCISE CLASS 9 :00 A.M LIFE STORIES W/TIM 12:30 "CRAZY DRESS UP DAY"
29 S.A.I.L BALANCE&EXERCISE CLASS 9 :00 A.M	30 CHAIR EXERCISES 9 :00 A.M	31 ADVANCED ARTHRITIS/YOGA CLASS 8:30 A.M W/DEB CRAFTS W/HEAVEN @ 10AM	FEBRUARY 2024	

