

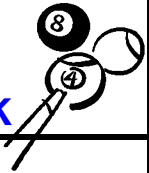


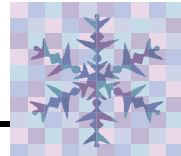












Senior Services Associates Multipurpose Senior Center



JANUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SSA Multipurpose Senior Center 110 W. Woodstock St. Crystal Lake This calendar is subject to change Please call 815-356-7457 to verify you event</p>		<p>SAVE THE DATE 2/2 Planned Eldercare 2/8 "Healthy Heart" 2/12 Friendship Luncheon</p>		<p>Happy New Year CLOSED ROSE PARADE AND ROSE BOWL DAY</p> 
<p>4 9:00 Tai Chi w/Leeann \$ 10:15 Trivia 12:45 Weeping Canasta</p>  <p>NEW YEARS</p>	<p>5 9:00 Computer Training 9:45 Arthritis Exercise \$ 10:00 Dementia Caregivers 11:00 Decorating and Crafts 1:00 Fall Prevention</p> <p>RESOLUTIONS</p>	<p>6 9:00 Tai Chi w/Allison \$ 10:00 Bridge 12:00 Pool Games 1:00 Pinochle 1:00 Euchre</p>  <p>WEEK</p>	<p>7 9:00 Yoga for Senior 11:30 B/P Screening 12:00 Bridge 12:30 Phase 10</p> 	<p>8 9:45 Arthritis Exercise \$ 1:00 Bingo 1:00 Hand & Foot Cards</p> <p>BUBBLE BATH DAY</p> 
<p>11 9:00 Tai Chi w/Leeann \$ 10:15 Trivia 12:45 Weeping Canasta 1:00 Wii Bowling Snacks and prizes sponsored Bickford Senior Living</p>	<p>12 9:00 Computer Training 9:45 Arthritis Exercise \$ 11:00 "Keeping you Mobile" Sponsored by Vander Weit Chiropractic, food and drinks will be served.</p>	<p>13 9:00 Tai Chi w/Allison \$ 12:00 Pool Games 1:00 Pinochle 1:00 Euchre</p> 	<p>14 9:00 Yoga for Senior 12:00 Bridge 12:30 Bunco Dress up your Pet Day</p> 	<p>15 9:45 Arthritis Exercise \$ 1:00 Hand & Foot Cards 1:00 "Food Bingo" Sponsored by Pam Patterson of FNP at the U of I extension 1st Super Bowl 1967</p> 
<p>18 CLOSED Martin Luther King Day</p> 	<p>19 9:00 Computer Training 9:45 Arthritis Exercise \$ 11:00 Decorating and Crafts 1:00 Fall Prevention National Popcorn Day</p> 	<p>20 9:00 Tai Chi w/Allison \$ 12:00 Pool Games 12:30 Po-Ke-No 1:00 Pinochle</p>	<p>21 9:00 Yoga for Senior 12:00 Bridge 12:45 Weeping Canasta National Hugging Day</p> 	<p>22 9:45 Arthritis Exercise \$ 11:00 B-DAY PARTY sponsored by Converge Homecare and Matt Lemke 1:00 Hand & Foot Cards</p>
<p>25 9:00 Tai Chi w/Leeann \$ 10:15 Trivia 10:30 Senior Forum 1:00 CLSCC Meeting</p>  <p>NATIONAL</p>	<p>26 9:00 Computer Training 9:45 Arthritis Exercise \$ 11:00 Decorating and Crafts 1:00 Fall Prevention</p>	<p>27 9:00 Tai Chi w/Allison \$ 12:00 Pool Games 12:30 Po-Ke-No 1:00 Pinochle</p> <p>BOOK</p> 	<p>28 9:00 Yoga for Seniors 12:00 Bridge 12:30 Bunco</p> <p>MONTH</p> 	<p>29 9:00 Tai Chi w/ Allison \$ 9:45 Arthritis Exercise \$ 1:00 Bingo 1:00 Hand & Foot Cards</p>