

January 2025

MONDAY

HAPPY BIRTHDAY!
Tracie Hammond 1-2
Tim Minchew 1-6
Bill Edge 1-13
Alice Taylor 1-23

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Center is Closed 1




8:00-3:00 Gym on your own. 2
 09:30-10:15 Coffee & Socializing
10:00-11:00 Devotion (Optional) with Mr. McDuffie
 11:30-12:15 Lunch
 12:30-1:00 Senior Fitness/Wii

9:00-1:00 Gym on your own. 3
FRIEND-DAY FRIDAY
Drive-In
 09:00-1:00 Cards/Games/Wii/Puzzles/Fitness/Ping Pong/Shuffleboard/Gym/Billiards

8:00-3:00 Gym on your own. 6
FUNDAY MONDAY
 09:30-11:15 Coffee & Socializing
 Cards/Games/Wii/Puzzles/Fitness
10am-11am Tai Chi w/ Ms. Whitmire
 11:30-12:15 Lunch
 12:30-1:00 Cards/Games/Wii/Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards

8:00-3:00 Gym on your own. 7
 09:30-11:15 Coffee & Socializing
 Cards/Games/Wii/Puzzles/Fitness
10:00 Tonya Bolton/MedLink
 11:30-12:15 Lunch
 12:30-1:00 Cards/Games/Wii/Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards

8:00-3:00 Gym on your own. 8
 09:30-10:15 Coffee & Socializing
 10:30-11:30

Hosted by Lindsay from Affinis Hospice
 11:30-12:15 Lunch
 12:30-1:00 Senior Fitness/Wii

8:00-3:00 Gym on your own. 9
 09:30-10:15 Coffee & Socializing
10:00-11:00 Devotion (Optional) with Mr. McDuffie
 11:30-12:15 Lunch
 12:30-1:00 Senior Fitness/Wii

9:00-1:00 Gym on your own. 10
FRIEND-DAY FRIDAY
Drive-In
 09:00-1:00 Cards/Games/Wii/Puzzles/Fitness/Ping Pong/Shuffleboard/Gym/Billiards

8:00-3:00 Gym on your own. 13
FUNDAY MONDAY
 09:30-11:15 Coffee & Socializing
 Cards/Games/Wii/Puzzles/Fitness
10am-11am Tai Chi w/ Ms. Whitmire
 11:30-12:15 Lunch
 12:30-1:00 Cards/Games/Wii/Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards

08:00-3:00 Gym on your own. 14
 09:30-10:15 Coffee & Socializing
10:30-11:00 Movie/PJ Day
 11:30-12:15 Lunch
 12:30-1:00 Cards/Puzzles/Billiards/Games/Wii/Senior Fitness

08:00-3:00 Gym on your own. 15
 09:30-10:15 Coffee & Socializing
10:30-11:00 BASE BALL
 11:30-12:15 Lunch
 12:30-1:00 Cards/Puzzles/Billiards/Games/Wii/Senior Fitness


8:00-3:00 Gym on your own. 16
 09:30-10:15 Coffee & Socializing
10:00-11:00 Devotion (Optional) with Mr. McDuffie
 11:30-12:15 Lunch
 12:30-1:00 Senior Fitness/Wii

9:00-1:00 Gym on your own. 17
FRIEND-DAY FRIDAY
Drive-In
 09:00-1:00 Cards/Games/Wii/Puzzles/Fitness/Ping Pong/Shuffleboard/Gym/Billiards

Center is Closed 20



8:00-3:00 Gym on your own. 21
 09:30-10:15 Coffee & Socializing
 10:30-11:30 **Exercise w/Dr. Brooke**
 11:30-12:00 Lunch
 12:30-1:00 Cards/Games/Wii/Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards

8:00-3:00 Gym on your own. 22
 09:30-10:15 Coffee & Socializing
 10:30-11:30 **Hosted by Elliotte w/ Georgia**
 Hospice Care 
 11:30-12:15 Lunch
 12:30-1:00 Senior Fitness/Wii

8:00-3:00 Gym on your own. 23
 09:30-10:15 Coffee & Socializing
 10:00-11:00 **Devotion (Optional) with Mr. McDuffie**
 11:30-12:15 Lunch
 12:30-1:00 Senior Fitness/Wii


9:00-1:00 Gym on your own. 24
FRIEND-DAY FRIDAY
Drive-In
 09:00-1:00 Cards/Games/Wii/Puzzles/Fitness/Ping Pong/Shuffleboard/Gym/Billiards

8:00-3:00 Gym on your own. 27

FUNDAY MONDAY

09:30-11:15 Coffee & Socializing
 Cards/Games/Wii/Puzzles/Fitness
10am-11am Tai Chi w/ Ms. Whitmire
 11:30-12:15 Lunch
 12:30-1:00 Cards/Games/Wii/Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards

8:00-3:00 Gym on your own. 28
 09:30-10:15 Coffee & Socializing
 10:30-11:30 **Senior Fitness**
 11:30-12:00 Lunch
 12:30-1:00 Cards/Games/Wii/Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards

8:00-3:00 Gym on your own. 29
 09:30-10:15 Coffee & Socializing
 10:00-11:00 **Gail Jones Gospel Singing**

 11:30-12:15 Lunch
 12:30-1:00 Cards/Games/Wii/Puzzles/Fitness

8:00-3:00 Gym on your own. 30
 09:30-10:15 Coffee & Socializing
 10:00-11:00 **Devotion (Optional) with Mr. McDuffie**
 11:30-12:15 Lunch
 12:30-1:00 Senior Fitness/Wii

OUT TO EAT

9:00-1:00 Gym on your own. 31
FRIEND-DAY FRIDAY
Drive-In
 09:00-1:00 Cards/Games/Wii/Puzzles/Fitness/Ping Pong/Shuffleboard/Gym/Billiards