January 2025

THURSDAY **MONDAY** TUESDAY WEDNESDAY FRIDAY 8:00-3:00 Gym on your own. 2 9:00-1:00 Gym on your own. Center is Closed 1 **HAPPY BIRTHDAY!** 09:30-10:15 Coffee & **FRIEND-DAY FRIDAY Tracie Hammond 1-2** Socializing **Drive-In** Tim Minchew 1-6 10:00-11:00 Devotion 09:00-1:00 Cards/Games/Wii/ (Optional) with Mr. McDuffie Bill Edge 1-13 Puzzles/Fitness/Ping 11:30-12:15 Lunch Pong/Shuffleboard/Gym/Billiards Alice Taylor 1-23 Happy New Year! 12:30-1:00 Senior Fitness/Wii 8:00-3:00 Gym on your own. 8:00-3:00 Gym on your own. 9:00-1:00 Gym on your own. 8:00-3:00 Gym on your own. 8:00-3:00 Gym on your own. 9 09:30-11:15 Coffee & Socializing **FUNDAY MONDAY** 09:30-10:15Coffee & Socializing 09:30-10:15 Coffee & **FRIEND-DAY FRIDAY** Cards/Games/Wii/Puzzles/Fitness 10:30-11:30 Socializing 09:30-11:15 Coffee & Socializing **Drive-In** 10:00 Tonya Bolton/MedLink 10:00-11:00 Devotion Cards/Games/Wii/Puzzles/Fitness 09:00-1:00 Cards/Games/Wii/ 11:30-12:15 Lunch 10am-11am Tai Chi w/ Ms. Whitmire (Optional) with Mr. McDuffie Puzzles/Fitness/Ping 12:30-1:00 Cards/Games/Wii/ 11:30-12:15 Lunch 11:30-12:15 Lunch **Hosted by Lindsay from** Pong/Shuffleboard/Gym/Billiards Puzzles/Fitness/Ping Pong/Shuffle 12:30-1:00 Cards/Games/Wii/ 12:30-1:00 Senior Fitness/Wii **Affinis Hospice** Board/Gym/Billiards Puzzles/Fitness/Ping Pong/Shuffle 11:30-12:15 Lunch Board/Gym/Billiards 12:30-1:00 Senior Fitness/Wii 8:00-3:00 Gym on your own. 08:00-3:00 Gym on your own. 08:00-3:00 Gym on your own. 8:00-3:00 Gym on your own. 16 9:00-1:00 Gym on your own. 09:30-10:15 Coffee & **FUNDAY MONDAY** 09:30-10:15 Coffee & 09:30-10:15 Coffee & FRIEND-DAY FRIDAY Socializing Socializing Socializing 09:30-11:15 Coffee & Socializing **Drive-In** 10:30-11:00 Movie/PJ Day 10:30-11:00 BASE BALL Cards/Games/Wii/Puzzles/Fitness 10:00-11:00 Devotion 09:00-1:00 Cards/Games/Wii/

11:30-12:15 Lunch

Fitness

12:30-1:00 Cards/Puzzles/

Billiards/Games/Wii/Senior

(Optional) with Mr. McDuffie

12:30-1:00 Senior Fitness/Wii

11:30-12:15 Lunch

Puzzles/Fitness/Ping

Pong/Shuffleboard/Gym/Billiards

11:30-12:15 Lunch

Fitness

12:30-1:00 Cards/Puzzles/

Billiards/Games/Wii/Senior

10am-11am Tai Chi w/ Ms. Whitmire

Puzzles/Fitness/Ping Pong/Shuffle

12:30-1:00 Cards/Games/Wii/

11:30-12:15 Lunch

Board/Gym/Billiards



KING JR. DAY

HAVE A DREAM

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

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 09:30-10:15Coffee & Socializing 10:30-11:30 Hosted by Elliotte

w/ Georgia Hospice Care

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

11:30-12:15 Lunch 12:30-1:00 Senior Fitness/Wii

(Optional) with Mr. McDuffie

9:00-1:00 Gym on your own.

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

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

11:30-12:15 Lunch

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

