
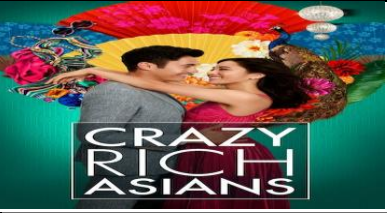

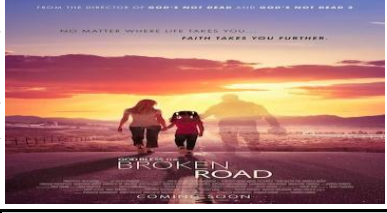
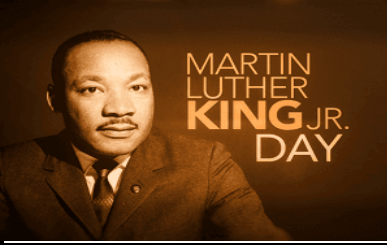



January

2019

Mon		Tue		Wed		Thu		Fri	
		1		2		3		4	
<b>Golden Age Lunch</b> 12:00 Noon M-F <b>Coffee Talk</b> 9:00 - 2:00 M-F				10:00	Total Body Fitness	9:30	Tai Chi	10:00	Total Body Fitness
				1:00	Chess	12:30	Golden Age Yoga		
						2:00	Stroke Support Group		
7		8		9		10		11	
10:00	Total Body Fitness	9:30	Bocce Ball	10:00	Total Body Fitness	9:30	Tai Chi	10:00	Total Body Fitness
1:00	Bingo	9:30	Tai Chi	1:00	Chess	12:30	Golden Age Yoga		
		10:00	Blood Pressure						
14		15		16		17		18	
10:00	Total Body Fitness	9:30	Bocce Ball	10:00	Total Body Fitness	9:30	Tai Chi	10:00	Total Body Fitness
1:00	Bingo	9:30	Tai Chi	1:00	Chess	12:30	Golden Age Yoga		
		10:00	Blood Pressure	1:00	CBD	1:00	Facts vs Fiction with Lisa Gibson		
						2:00	Stroke Support Group		
21		22		23		24		25	
		9:30	Bocce Ball	10:00	Total Body Fitness	9:30	Tai Chi	10:00	Total Body Fitness
		9:30	Tai Chi	1:00	Chess	12:30	Golden Age Yoga		
		10:00	Blood Pressure			1:00	Brain Health Workshop		
		1:00	Smartphone with Memorial Care						
28		29		30		31			
10:00	Total Body Fitness	9:30	Bocce Ball	10:00	Total Body Fitness	9:30	Tai Chi		
1:00	Bingo	9:30	Tai Chi	1:00	Chess	12:30	Golden Age Yoga		
		10:00	Blood Pressure			2:00	Stroke Support Group		

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS