















Mon		Tue		Wed		Thu		Fri	
				<b>1</b>		<b>2</b>		<b>3</b>	
<h1>JANUARY 2020</h1>						9:30	Tai Chi with Ryan Lee	10:00	ATX Worx Exercise
						12:00	Golden Age Lunch	12:00	Golden Age Lunch
						12:45	Gentle Yoga 	12:45	Friday Flicks
								1:00	Family & Caregiver Discussion Group 
<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>	
10:00	Total Body Fitness	9:30	Bocce Ball	10:00	Total Body Fitness	9:30	Tai Chi with Ryan Lee	10:00	ATX Worx Exercise
12:00	Golden Age Lunch	9:30	Tai Chi with Ryan	12:00	Lunch with the Law	12:00	Golden Age Lunch	12:00	Golden Age Lunch
1:00	Bingo 	10:00	Blood Pressure	1:00	Chess Club	12:45	Gentle Yoga 	12:45	Friday Flicks
		12:00	Golden Age Lunch	1:00	Double Dominos 				
		1:00	Art Club 						
<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>		<b>17</b>	
10:00	Total Body Fitness	9:30	Bocce Ball	10:00	Total Body Fitness	9:30	Tai Chi with Ryan Lee	10:00	ATX Worx Exercise
12:00	Golden Age Lunch	9:30	Tai Chi with Ryan	1:00	Chess Club	12:00	Golden Age Lunch	12:00	Winter BBQ Lunch
1:00	Bingo 	10:00	Blood Pressure	1:00	Double Dominos	12:45	Gentle Yoga 	12:45	Friday Flicks
		12:00	Golden Age Lunch	12:00	Golden Age Lunch				
		1:00	Art Club	1:00	DocTalk with Dr. Trinh				
		1:00	Line Dancing						
<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>	
		9:30	Bocce Ball	10:00	Total Body Fitness	9:30	Tai Chi with Ryan Lee	10:00	ATX Worx Exercise
		9:30	Tai Chi with Ryan	12:00	Golden Age Lunch	12:00	Golden Age Lunch	12:00	Chinese New Year Lunch
		10:00	Blood Pressure	1:00	Chess Club	12:45	Gentle Yoga 		
		12:00	Golden Age Lunch		Double Dominos 				
		1:00	Art Club	1:00					
		1:00	Line Dancing						
<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>		<b>31</b>	
10:00	Total Body Fitness	9:30	Bocce Ball	10:00	Total Body Fitness	9:30	Tai Chi with Ryan Lee	10:00	ATX Worx Exercise
12:00	Golden Age Lunch	9:30	Tai Chi with Ryan	1:00	Chess Club 	12:00	Golden Age Lunch	12:00	Birthday Lunch Celebration
1:00	Bingo 	10:00	Blood Pressure			12:45	Gentle Yoga 	12:45	Friday Flicks
		12:00	Golden Age Lunch						
		1:00	Line Dancing						
		1:00	Smartphone with Memorial Care						



