


Senior Programs — January 2025

Mon	Tue	Wed	Thu	Fri
30	31	Jan 1	2	3
10:00am Seated SAIL <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Lunch Special</i> Murder Mystery New Year	CLOSED for New Year's	10:00am SAIL Aerobics 9am-12p, SHIBA Appts. with Dave Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
6	7	8	9	10
10:00am Seated SAIL <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Corn Chowder</i> TidBit Tuesday with Cole Ferrier Financial Advising	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Brain Games with Multicare 11:15am Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	<p><i>“January is a time of quiet and new beginnings – is the perfect time to reflect on how you want to live your life. January is the perfect time to refocus on your priorities and set goals.”</i></p>
13	Birthday Lunch 14	15	16	
10:00am Seated SAIL <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Ham and Cheese Sliders</i> Entertainment by with Naomi Morgan	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics 9am-12p, SHIBA Appts. with Dave Green River students 11:15am Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
20	21	22	23	
CLOSED for MLK Day	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Breakfast for Lunch</i> Bunco and Dominoes	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Green River students 11:15am Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
27	28	29	30	31
10:00am Seated SAIL <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm NEW Writers Support Group 6:00pm Square Dance Class	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Zuppa Toscana</i> Special Bingo with Fircrest Seniors	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Green River students 11:15am Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	