








2020

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
29	30 		1 EXER BY TAPE 10:30AM	2 CHAIR EXER. 10:30AM DOMINOES 12:30PM	3 BINGO 12:30PM 	4
5	6 CHAIR EXER 10:30 BLOOD PRESSURE 11:00 DOMINOES 12:30PM	7 CROCHET CORNER 10:30AM	8 EXER BY TAPE 10:30AM	9 CHAIR EXER 10:30AM DOMINOES 12:30PM	10 COLD WEATHER SAFTEY TIPS HAND OUTS	11
12	13 CHAIR EXER 10:30AM DOMINOES 12:30PM	14 CROCHET CORNER 10:30AM BOOK CLUB 10:00AM	15 EXER BY TAPE 10:30AM 	16 CHAIR EXER 10:30AM DOMINOES 12:30PM	17 BINGO 12:30PM 	18
19	20 CHAIR EXER 10:30AM DOMINOES 12:30PM	21 CROCHET CORNER 10:30AM	22 EXER BY TAPE 10:30AM	23 CHAIR EXER 10:30AM Council Meet 12:30 DOMINOES 12:30PM	24	25
26	27 CHAIR EXER 10:30AM DOMINOES 12:30PM	28 CROCHET CORNER 10:30AM 	29 EXER BY TAPE 10:30AM	30 CHAIR EXER 10:30AM DOMINOES 12:30PM	31 	1
2	3	NOTES:	Blue Ridge Active Living Center 570-879-2896			