January 2014

SPECIAL MEAL-JAN.16

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLOSED New Year's Day	2 9:00-Quilting 11:00-S.Training 12:30-Bingo 1:00-Bookmobile 1:30-Knitting	3 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta	4 "There's A Doctor in the House" Jan. 8--5-7pm OBGYN-Capital Women's Care Dr. Yeung Lee RSVP meal, $5.00 and/or program 301-600-1048
5 FriendShipCafe Light fare in a friendly atmosphere for all ages Wed.&Thurs-11-12 12:30-1:00 Fri.-11:00-1:00	6 9:30-S.Training 11:00-M&M Exercise 12:30-Blotter Bingo 1:00-Art Class	7 10:00-Blood Pressure 10:00-Mobile J&A 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo 1:00-Chin. Mah Jongg	8 9:00-S.Training 10:00-Rummikub 11:00-M&M Exercise 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing* 5-7:00-OBGYN prog.	9 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:30-"Foot Care"/ Dr. Jennifer Bell 1:30-Tai Chi*	10 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta Trip-PA National Fire Museum	11 Coming February 5 5-7:00pm Pain Management Dr. Jay Gonehigar-Newbridge Spine&Pain Center Call 301-600-1048
12 January 9- Dr. Jennifer Bell to discuss "Foot Care" 12:30-Classroom B	13 9:30-S.Training 11:00-M&M Exercise 12:30-Music by Charles and Evelyn Summers 1:00-Art Class	14 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo 1:00-Chin. Mah Jongg	15 9:00-S.Training 10:00-Rummikub 10:15-Comp. Dis. Group 11:00-M&M Exercise 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	16 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:30-"Balance"/Steve 1:00-Bookmobile 1:30-Knitting 1:30-Tai Chi* Tu B'Shevat	17 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta Trip-Bureau of Engraving and Printing	18 **Winter Weather policy:** When schools are closed, the center is open but all activities/meal are cancelled- When schools are late, we are open on time Question-301-600-1605
19 New Sessions of classes begin: Line Dancing-1/8-3/12 Chair Yoga-1/7-2/27 Tai Chi-1/9-3/27 Zumba Gold-1/8-2/28 Register at main desk	20 CLOSED Martin Luther King Day	21 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo 1:00-Chin. Mah Jongg	22 9:00-S.Training 10:00-Rummikub 11:00-M&M Exercise 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing	23 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:30-"COPD"/Aers 1:30-Tai Chi*	24 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta	25 Special Meal-Jan.16 Fried Chicken, Mashed Potatoes, Broccoli, Apple Pie Call 301-600-1048 for reservations
26 Australia Day	27 9:30-S.Training 11:00-M&M Exercise 12:30-"Golden Tones" 1:00-Art Class	28 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo 1:00-Chin. Mah Jongg	29 9:00-S.Training 11:00-M&M Exercise 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	30 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:30-"Winter Cheer"/ Edi 1:30-Tai Chi*	31 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta Chinese New Year	

Frederick Senior Center-1440 Taney Ave., Frederick, Md. 301-600-3525 Meal Reservations-301-600-1048-48hr. advance