



January 2021 Virtual Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
					1	2	
					BUILDING CLOSED		
3	4	5	6	7	8	9	
	BUILDING CLOSED Monday Barnett YouTube 9 am – Body Strong 10:30 am – Mindful Monday 6 pm – Meditation	BUILDING CLOSED 10 am – Computer Club 1:30 pm – Chair Yoga	BUILDING CLOSED 9 am – Body Balance 10:30 – Spanish Group	BUILDING CLOSED 10:30 am – MAC Group 1:30 pm – Chair Yoga	BUILDING CLOSED 11 am – French Group 1:30 pm – Yoga Variety		
10	11	12	13	14	15	16	
	9 am – Body Strong 10:30 am – Mindful Monday 6 pm – Meditation	10 am – Computer Club 1:30 pm – Chair Yoga	9 am – Body Balance 10:30 – Spanish Group	1:30 pm – Chair Yoga 6 pm – Ask the Doc	10 am – Basic Computer 11 am – French Group 1:30 pm – Yoga Variety		
17	18	19	20	21	22	23	
	9 am – Body Strong 10:30 am – Mindful Monday 6 pm – Meditation	10 am – Computer Club 1:30 pm – Chair Yoga	9 am – Body Balance 10:30 – Spanish Group 1 pm – Savvy Seniors	10:30 am – MAC Group 1 pm – Brainstorm 1:30 pm – Chair Yoga	10 am – Email Greeting Cards 11 am – French Group 1:30 pm – Yoga Variety		
24	25	26	27	28	29	30	
	9 am – Body Strong 10:30 am – Mindful Monday 6 pm – Meditation	10 am – Computer Club 1:30 pm – Chair Yoga 2:30 pm - Book Club	9 am – Body Balance 10:30 – Spanish Group 2:30 pm – Managing Grief	1:30 pm – Chair Yoga	10 am – Internet Info 11 am – French Group 1:30 pm – Yoga Variety		
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			Information and links to register for these programs are available on the Homepage under Featured Virtual Programs - <i>Please register in advance!</i>				