

# **JANUARY 2025**



## **CLASSIC MOVIES**

MONDAYS - 9 a.m.

Jan. 6 -Two Mules for Sister Sara Jan. 13- Spencer's Mountain Jan. 27 -Unsinkable Molly Brown



### **SPEAKERS & MUSIC**

SPEAKER: JEREMY W/GLOBAL HEALTH

11:00 a.m., Thursday, Jan. 9

SPEAKER: BRIAN W/NUTRITION

11:00 a.m., Thursday, Jan. 16

SPEAKER: AARON W/VIP CARE 11:00 a.m., Thursday, Jan. 23

#### **ACTIVITIES**

**MCOA INSTALLATION OF OFFICERS** 

11:00 a.m., Friday, Jan. 3

**JANUARY BIRTHDAY'S** 

11:45 a.m., Friday, Jan 3

**ROOT BEER FLOATS W/JEREMY** 

11:15 a.m., Thursday, Jan. 9

**FRESH COBBLER** 

11:45 a.m., Wednesday, Jan. 15

BLOOD PRESSURE CHECKS W/ASPIRE SPECIALTY HOSPITAL

10:00-11:00 a.m., Thursday, Jan. 30



#### **WEEKLY ACTIVITIES**

**OUILTING • POOL • TABLE GAMES** 

AFTERNOON MOVIE	Wednesdays - 1 p.m.
ARM CHAIR TRAVEL	Wednesdays - 9 a.m.
BINGO	Jan. 3, 10, & 27 -12:15 p.m.
BOARD GAMES	Wednesdays - 12:30 p.m.
CORNHOLE	Thursdays - 12:30 p.m.
CHAIR YOGA	Tues/Thurs - 10:15 a.m.
EXERCISE	Mon/Wed/Fri - 10:15 a.m.
LIBRARY	Tuesday, Jan 14 & 28 - 10:00 a.m.
OPEN ART STUDIO	Tues - 8:30a.m. Fri - 9:00 a.m.
STRETCH, STRENGTHEN & HEALTHTuesdays - 9:30 a.m.	
TABLE TENNIS	Fridays - 2 p.m.
WII BOWLING	Tuesdays - 10 a.m.
WOODCARVING	





