January 2012 ACTIVITIES

MON	TUE	WED	THU	FRI
2 **Office Closed for New Year's** All Activities & Classes are cancelled for today!	**3** **10am-Noon** SHIBA Free Health Ins Advice **10am** Fiber Arts Cribbage Wii Bowling **1pm** Dominos Ping Pong	**4** **9am** Balance Exercise WOW Watercolor **9:45am** Glee Club **10am** Diabetes Support Group **11am** Senior-cize **1pm** Bridge Mah Jongg **5pm** Middle Eastern Dancing	**5** **9:30am** Beginning Art **10am** P A N **11am** Stretch Yoga #1 **12:30pm** Bingo **1pm** Stretch Yoga #2 Scrabble **5:30pm** Double Deck Pinochle	**6** **9am** Balance Exercise **11am** Senior-cize **12:30pm** Pinochle **1pm** Low Stakes Poker **2:30pm** Sing-a-Long at Suncrest Village **6 pm** Bingo *Trip: Puyallup Home and Garden Show*
9 **9am** Balance Exercise Bridge **9:30am** Art:Judy Priest **10am** Knit & Crochet **11am** Senior-cize **12:30pm** Gentle Yoga & Chair Exercise *1pm Free Legal Clinic* **1-2pm** Computer Clinic *SSAC Members only* **2pm** Yoga	**10** **10am-Noon** SHIBA Free Health Ins Advice **10am** Fiber Arts Cribbage Wii Bowling **11:30am** ***Potluck*** **1pm** Dominos Ping Pong Bunco **1:30pm Board Meeting**	**11** **9am** Balance Exercise WOW Watercolor **10am** Glee Club **11am** Senior-cize **1pm** Bridge Mah Jongg **5pm** Middle Eastern Dancing	**12** **9:30am** Beginning Art **10am** P A N **11am** Stretch Yoga #1 **12:30pm** Bingo **1pm** Stretch Yoga #2 Scrabble **5:30pm** Double Deck Pinochle *Trip: Friday Harbor Cruise*	**13** **9am** Balance Exercise **11am** Senior-cize **12:30pm** Pinochle **1pm** Low Stakes Poker **2:30pm** Sing-a-Long at Avamere **6 pm** Bingo
16 **Office Closed for MLK Jr. Day** All Activities & Classes are cancelled for today!	**17** **10am-Noon** SHIBA Free Health Ins Advice **10am** Fiber Arts Cribbage Wii Bowling **1pm** Dominos Ping Pong *Trip: Clearwater Casino*	**18** **9am** Balance Exercise WOW Watercolor **10am** Glee Club **11am** Senior-cize **1pm** Bridge Mah Jongg **5pm** Middle Eastern Dancing	**19** **9:30am** Beginning Art **10am** P A N **11am** Stretch Yoga #1 **12:30pm** Bingo **1pm** Scrabble Stretch Yoga #2 **3pm** Yoga **5:30pm** Double Deck Pinochle	**20** **9am** Balance Exercise **11am** Senior-cize **12:30pm** Pinochle **1pm** Low Stakes Poker **2:30pm** Sing-a-Long at Sherwood Manor **6 pm** Bingo

January 2012 ACTIVITIES

MON	TUES	WED	THUR	FRI
23 **9am** Balance Exercise Bridge **9:30am** Art:Judy Priest **10am** Knit & Crochet **11am** Senior-cize **12:30pm** Gentle Yoga & Chair Exercise *1pm Free Legal Clinic* **1-2pm** Computer Clinic ***SSAC Members only*** **2pm** Yoga	**24** **10am-Noon** SHIBA Free Health Ins Advice **10am** Fiber Arts Cribbage Wii Bowling **11:30am** ***Potluck*** **1pm** Dominos Ping Pong Bunco	**25** **9am** Balance Exercise WOW Watercolor **10am** **Glee Club** **11am** Senior-cize **1pm** Bridge Mah Jongg **5pm** Middle Eastern Dancing *Trip: Feiro Marine & Museum at Carnegie*	**26** **9:30am** Beginning Art **10am** P A N **11am** Stretch Yoga #1 **12:30pm** Bingo **1pm** Scrabble Stretch Yoga #2 **3pm** Yoga **5:30pm** Double Deck Pinochle	**27** **9am** Balance Exercise **11am** Senior-cize **12:30pm** Pinochle **1pm** Low Stakes Poker **2:30pm** Sing-a-Long at The Vintage **6 pm** Bingo *Trip: Ikea, Uwajimaya & Target*
30 **9am** Balance Exercise Bridge **9:30am** Art:Judy Priest **10am** Knit & Crochet **11am** Senior-cize **12:30pm** Gentle Yoga & Chair Exercise **1-2pm** Computer Clinic ***SSAC Members only*** **2pm** Yoga	**31** **10am-Noon** SHIBA Free Health Ins Advice **10am** Fiber Arts Cribbage Wii Bowling **1pm** Dominos Ping Pong *Trip: Protection Island Cruise*	**Coming Holidays & Events** **Sunday, January 1st** - New Year's Day **Monday, January 16th** - Martin Luther King Jr. Day **Monday, January 23rd** - Lunar New Year **Welcome to 2012!!!**		

Saturdays

Beginning Hula Cancelled for January

7

14 6:30pm Bridge - RSVP - 683-2948

21

28 6:30pm Bridge - RSVP - 683-2948

Sundays

1

8

15 1pm Accordion Social

Applebee's Senior Sunday coupon page 15

22

29

By Appointment:

Nail Care - feet or hands - Tue. - Thur.

Computer Classes -
PC - Beginner, Intermediate, Advanced & Starting Mac Classes

For further information & appointments, call the Senior Center office at 683-6806.

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To us, it's personal.

BINGO PRIZE THIS MONTH:
$25 gift certificate
GROCERY OUTLET
3RD THURSDAY BINGO