

## JANUARY 2020 CALENDAR OF EVENTS

- 1 Happy New Year! Center Closed! See you tomorrow!
- 2 Blood Pressures, 10-11:00, Broadway Pharmacy  
Exercise Class, 9:30-10:15  
Bible Study, 10-11:00  
APPLE Project Paperwork Service, 10:30  
Raffle, 11:45
- 3 Weight Sense, 9:45  
Bingo, 12:30, Edward Jones, Timothy R. Domian, Financial Advisor
- 6 Take down the Christmas tree... please come and help! 9:00 am
- 7 Site Council, 9:00, anyone is welcome to attend  
Exercise Class, 9:30-10:15
- 8 Dominoes, 8:00  
Trendsetters Beauty Bingo, 10:30
- 9 Exercise Class, 9:30-10:15  
Bible Study, 10-11:00  
APPLE Project Paperwork Service, 10:30  
Raffle, 11:45
- 10 Weight Sense, 9:45  
Bingo, 12:30, Broadway Prescription Shop
- 13 Board Meeting, 12:15
- 14 Exercise Class, 9:30-10:15
- 15 Blood Pressures, 10-11:00, Crown Hospice  
Lifecare Center FishTales, 10:30  
Dominoes, 8:00
- 16 Exercise Class, 9:30-10:15  
Bible Study, 10-11:00  
APPLE Project Paperwork Service, 10:30  
Raffle, 11:45
- 17 Weight Sense, 9:45  
Bingo, 12:30, Sponsored by The Lutheran Home and Saxony Village
- 20 Center Closed in observance of Martin Luther King, Jr. holiday
- 21 Birthday Bingo, 10:15, sponsored by Montgomery Bank  
Birthday Party, 11:00, cake provided by Crown Hospice  
Exercise Class, 9:30-10:15
- 22 Dominoes, 8:00  
Trendsetters Beauty Bingo, 10:30
- 23 Exercise Class, 9:30-10:15  
Bible Study, 10-11:00  
APPLE Project Paperwork Service, 10:30  
Raffle, 11:45
- 24 Weight Sense, 9:45  
Bingo, 12:30, The Villas of Jackson Assisted Living
- 28 Exercise Class, 9:30-10:15  
Foot Clinic/Toenail Trimming, by appointment, all day
- 29 Dominoes, 8:00 am
- 30 Exercise Class, 9:30-10:15  
Bible Study, 10-11:00  
APPLE Project Paperwork Service, 10:30  
Raffle, 11:45

#### ALL STAFF WISH TO THANK YOU FOR YOUR THOUGHTFULNESS AND GENEROSITY

Over the past few weeks and through the Christmas season, so many of you have brought the staff members cards, treats, plates of cookies, gifts, and your kind words and greetings. You will never know how much this means to all of the staff members and we ALL thank you so, so much! Your kindness and generosity warms our hearts that we carry into the New Year. Thank You!

#### NOTE CENTER CLOSINGS FOR JANUARY

The Center will be closed on New Year's Day and again on January 20 for Martin Luther King, Jr holiday.

#### BUCK-A-MONTH CLUB IS LOOKING FOR YOU!

The new Buck-A-Month board is up and we are hoping to fill it up! It is literally \$1.00 a month, or \$12.00 per year. Everyone can afford \$1.00 per month, so please join in and let's fill the board up this year!

As a reminder, the income from this simple fundraiser helps to go toward the upkeep and maintenance of our wonderful building. So please, everyone do your part by giving today.

#### KICK OFF THE NEW YEAR IN EXERCISE CLASS

The Center offers two opportunities for exercise class each week on Tuesdays and Thursdays at 9:30. These sessions are very simple and low impact. Participants do what they feel comfortable with, you can sit or stand as you need to, and there is no charge for the classes.

The more you sit, the more you will want to sit... get up and get moving! Just a little bit at a time builds you into a stronger person and increases your balance. Consider this great opportunity.

#### SENIOR CENTER SPONSORS IN PLACE FOR THE NEW YEAR

We have so many people who help us with various things around the center. From Bingo sponsors to the person who formats this newsletter, there are so many that you may not even know about, but are working hard for the Center.

When you use a business that is one of our sponsors, be sure to mention how much you appreciate them helping us.

A very special thanks to ALL of our helpers and sponsors! You're The Best!!!

#### SCHEDULED ACTIVITIES TO NOTE IN JANUARY

You might notice we will offer Blood Pressures twice in January, Nutrition Education and the Foot Clinic, to mention only a few. Pin up this calendar of activities at your home where you can keep track of planned activities each day. Come and take part in as many as you can.

The Senior Center is always in need of your time and resources.

Please remember your Senior Center when making your final arrangements, and letting your family members know your wishes.