

January 2019 Calendar

West Point Active Lifestyle Center – Seniors 60+

S	M	T	Wednesday	T	Friday	S
		1	2 Hot Chocolate W/Marshmallows Inspirational Time/ B/P check Chair Exercise Word Search Lunch Bingo Game	3	4 Coffee Social Exercise to Music Group Word Game / Fire Drill Lunch Movie	5
6	7	8	9 Coffee Social / BP Check Chair Exercise Nutrition Class w Liz American's Questions Nutional Lunch Bingo	10	11 Hot Chocolate W/Marshmallows Martin Luther King Trivia Snowflake Craft Exercise Using Weights Lunch Cards/Dominoes	12
13	14	15	16 Coffee Social / BP Check Unscramble Words Exercise Using Sticks Nutritional Lunch Bingo	17	18 Coffee Social Exercise Using Weights Inspirational Time w/ Pete Logan Words in a Word Lunch Puzzles / Card Games	19
20	21	22	23 Coffee Social Trivia on Soup Read Your Favorite Poem Exercise Nutritional Lunch Bingo	24	25 Hot Chocolate / Cheese N Crackers Board Games Inspirational Time w/Wayne-n-group Lunch Cards / Dominoes	26
27	28	29	30 Coffee Social / BP Check Group Word Sheet Exercise Using Weights M&M Game Lunch Bingo	31		

(Activities are Subject to Change)