

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3 1:30 Stretching w/ Scarves	4	5 9:00 Stretching w/ Scarves	6	7 6:00 Christmas Dinner @ the Act. Center RSVP: by Jan. 2
8	9	10 1:30 Candy Cane Cardio	11	12 9:00 Candy Cane Cardio	13	14
15	16 Martin Luther King Jr. Day	17 1:30 All About Balance	18	19 9:00 All About Balance	20	21
22 Chinese New Year (Year of the Rabbit)	23 Activity Professionals Day	24 1:30 Aerobics & Balls	25	26 9:00 Aerobics & Balls Australia Day (observed)	27	28
29	30	31 1:30 Beat the Jan. Blahs with Rhythm Sticks! 2:15 Pegs & Jokers Game	<h1>January 2023</h1> <h2>North Shore, West Shore, & Lakeview Residents</h2>			

All Exercise **Classes/Activities** will be held in the Activity Center. **What to bring:** Yourself, A Positive Attitude, & Water to stay hydrated!

