



JANUARY 2020



Grace Martin Harwell Senior Center, Washington NC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Activities located outside Senior Center are in BOLD</p>	<p><u>Special Events & Events which require pre-registration are UNDERLINED.</u></p>	<p>1</p> <p><i>Happy New Year</i></p> <p>Center Closed</p>	<p>2</p> <p>8:15: Aerobics 8:30: Pickleball 9:30: Chair Volleyball 10:00: Helping Hands Meeting 11:00: AHOY-East Haven 12:00: DAV Assistance 1:00: Card Games</p>	<p>3</p> <p>8:30: Senior Games Practice 8:15: Yoga 9:30: Tai Chi 11:00: AHOY-Sr Cntr</p>	<p>4</p>
5	<p>6</p> <p>8:15: Yoga 9:30: Tai Chi 10:30: BINGO 1:00: Needlecraft 5:30: Restorative Yoga</p>	<p>7</p> <p>8:15: Aerobics 9:15: Painting 10-11: Blood Pressure Checks 11:00 Beginner Line Dancing 11:00: AHOY-Choco 1:00: Mah Jongg 2:00 AHOY-Blind Center 5:45: Mat Yoga</p>	<p>8</p> <p>10:30: Pamlico Senior Club 10:00: Quilters Guild 1:00: Golden Card Ladies 3:00: Brain Builders</p>	<p>9</p> <p>8:15: Aerobics 8:30: Pickleball 9:00: Grand Ideas 11:00: AHOY-East Haven 1:00: Card Games 7:00: Senior Dance @ CC</p>	<p>10</p> <p>8:30: Senior Games Practice 8:15: Yoga 9:00: Massages 9:30: Garden Club 9:30: Tai Chi 11:00: AHOY-Sr Cntr 2:00 MOVIE TIME!</p>	<p>11</p>
12	<p>13</p> <p>8:30: Shuffleboard 8:15: Yoga 9:30: Tai Chi 10:30: BINGO 1:00: Needlecraft 5:30: Restorative Yoga</p>	<p>14</p> <p>8:15: Aerobics 9:15: Painting 9:00: Grand Ideas Support Group 10-11: Blood Pressure Checks 11:00: AHOY-Choco 11:00: Int. Line Dance 1:00: Mah Jongg 2:00 AHOY-Blind Center 5:45: Matt Yoga</p>	<p>15</p> <p>Walk In Activies All DAY</p>	<p>16</p> <p>8:15: Aerobics 8:30: Pickleball 9:00: Grand Ideas 9:30: Laughter Yoga 11:00: AHOY-East Haven 11:00: Beginner Line Dancing 12:00: DAV Assistance 1:00: Card Games</p>	<p>17</p> <p>8:30: Senior Games Practice 8:15: Yoga 9:30: Tai Chi 11:00: AHOY-Sr Cntr</p>	<p>18</p>
19	<p>20</p> <p>CENTER CLOSED</p> 	<p>21</p> <p>8:15: Aerobics 9:15: Painting 10-11: Blood Pressure Checks 11:00: AHOY-Choco 11:00 Diabetic Support Group <u>2-3:00: Partner's Annual Meeting</u> 1:00: Mah Jongg 2:00 AHOY-Blind Center 3:30: Grief Support Group 5:45: Mat Yoga</p>	<p>22</p> <p>10:00: Quilters Guild <u>1-4:00: How To Use Your Smartphone</u> 3:00: River Readers</p>	<p>23</p> <p>8:15: Aerobics 8:30: Pickleball 11:00: AHOY-East Haven 11:00: Intermediate Line Dancing 1:00: Card Games</p>	<p>24</p> <p>8:30: Senior Games Practice 8:15: Yoga 9:30: Tai Chi 11:00: AHOY-Sr Cntr</p>	<p>25</p>
26	<p>27</p> <p>8:15: Yoga 9:30: Tai Chi 10:30: BINGO 1:00: Needlecraft 5:30: Restorative Yoga 5:30: Caregivers Support Group</p>	<p>28</p> <p>8:15: Aerobics 9:15: Painting 10-11: Blood Pressure Checks 11:00: AHOY-Choco 1:00: Mah Jongg 2:00 AHOY-Blind Center 2:00: Beaufort Co. Traditional Music 5:45: Mat Yoga</p>	<p>29</p> <p><u>1:00 CPR Community Class</u></p>	<p>30</p> <p>8:15: Aerobics 8:30: Pickleball 11:00: AHOY-East Haven 1:00: Card Games <u>1:00 Chronic Disease Self Mgt. Workshop #1</u></p>	<p>31</p> <p>8:30: Senior Games Practice 8:15: Yoga 9:30: Tai Chi 11:00: AHOY-Sr Cntr</p>	