

Guideway/Bug Hill Senior Center JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Legal aid of NC 800.672.9304 Reverse Mortgage info 919-877-5700 Medication Assistance Program INFO 910-640-6602 ext. 250 Medicare Info: 910-640-6602 ext. 241	*Disclaimer: This calendar is subject to change at any time.	1 CLOSED 	2 Exercise Room 9-5 9:00 Cards 11:45 Lunch/Social 1:00 Puzzles/Games	3 Exercise Room 9-5 9:00 Word Games 9:30 Fellowship/Fun 11:45 Devotion 12:00 Lunch/Social
6 Exercise Room 9-5 10 Crosswords/Puzzles 11:00 Geri Fit 11:30 Weekly Announcements 11:45 Lunch/Social 2:00 BEG Geri-Fit	7 Exercise Room 9-5 9:00 Puzzles/Games 11:30 Chair Exercise 11:45 Lunch/Social	8 Exercise Room 9-5 9:00 Puzzles/Games 11:00 Geri Fit 11:45 Lunch/Social 2:00 BEG Geri Fit	9 Exercise Room 9-5 9:00 Cards 11:45 Lunch/Social 1:00 Puzzles/Games	10 Exercise Room 9-5 9:00 Word Games 11:45 Lunch/Social
13 Exercise Room 9-5 10 Crosswords/Puzzles 11:00 Geri Fit 11:30 Weekly Announcements 11:45 Lunch/Social 2:00 BEG Geri-Fit	14 Exercise Room 9-5 9:00 Puzzles/Games 11:30 Chair Exercise 11:45 Lunch/Social	15 Exercise Room 9-5 9:00 Puzzles/Games 10:30 Cardio Drumming 11:00 Geri Fit 11:45 Lunch/Social 2:00 BEG Geri Fit	16 Exercise Room 9-5 9:00 Puzzles/Games 9:00 Cards 11:45 Lunch/Social	17 Exercise Room 9-1 9:00 Word Games 9:30 Fellowship/Fun 11:45 Lunch/Social
20 CLOSED 	21 Exercise Room 9-5 10:00 Puzzles/Games 11:45 Lunch/Social 1:00 Crafts	22 Exercise Room 9-5 10:30 Geri-Fit 11:00 BINGO 11:45 Lunch/Social 1:00 Couponing	23 Exercise Room 9-5 9:00 Cards 11:45 Lunch/Social	24 Exercise Room 9-5 9:00 Word Games 9:30 Fellowship/Fun 11:45 Lunch/Social
27 Exercise Room 9-5 10 Crosswords/Puzzles 11:00 Geri Fit 11:30 Weekly Announcements 11:45 Lunch/Social 2:00 BEG Geri-Fit	28 Exercise Room 9-5 9:00 Puzzles/Games 11:00 Chair Volleyball 11:45 Lunch/Social 1:00 Crafts	29 Exercise Room 9-5 9:00 Puzzles/Games 10:30 Cardio Drumming 11:00 Geri Fit 11:45 Lunch/Social 1:00 Couponing 2:00 BEG Geri-Fit	30 Exercise Room 9-5 9:00 Cards 11:45 Lunch/Social 1:00 Puzzles/Games	31 Exercise Room 9-5 9:00 Word Games 9:30 Fellowship/Fun 11:45 Lunch/Social

FOR MORE INFORMATION: Contact Jenny Godwin @ 788-1614 jgodwin@columbusco.org