

East Columbus Senior Center Activities January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Closed 	2 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Bid Whist  Ensure Sold Daily	3 9:00 Fitness Room 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts  Ensure Sold Daily
6 9:00 Fitness Room 11:00 Cardio Drum 12:00 Lunch  Ensure Sold Daily	7 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Spades  Ensure Sold Daily	8 9:00 Fitness Room 11:00 Bingo 12:00 Lunch  Ensure Sold Daily	9 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Cards  Ensure Sold Daily	10 9:00 Exercise Room 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts  Ensure Sold Daily
13 9:00 Fitness Room 11:00 Cardio Drums 12:00 Lunch  Ensure Sold Daily	14 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Spades  Ensure Sold Daily	15 9:00 Fitness Room 11:00 Bingo 12:00 Lunch  Ensure Sold Daily	16 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch  Ensure Sold Daily	17 9:00 Exercise 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts  Ensure Sold Daily
20 CLOSED 	21 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Spades/Whist  Ensure Sold Daily	22 9:00 Fitness Room 11:00 Bingo 12:00 Lunch  Ensure Sold Daily	23 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Spades  Ensure Sold Daily	24 9:00 Fitness Room 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts  Ensure Sold Daily
27 9:00 Fitness Room 11:00 Cardio Drums 12:00 Lunch Ensure Sold Daily	28 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Bid Whist Ensure Sold Daily	29 9:00 Fitness Room 11:00 Bingo 12:00 Lunch Ensure Sold Daily	30 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Spades  Ensure Sold Daily	31 9:00 Fitness Room 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts Ensure Sold Daily