East Columbus Senior Center Activities January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
GOODBYE DECEMBER	january January Garnet	1 Closed Flappy New Year	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 OK Monday LET'S DO MIS! Ensure Sold Daily	7 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Spades	8 9:00 Fitness Room 11:00 Bingo 12:00 Lunch Boot Sold Daily	9 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Cards	10 9:00 Exercise Room 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts January Flower Carnation Ensure Sold Daily
13 9:00 Fitness Room	14 9:00 Fitness Room	15 0.00 Etc. D	16 9:00 Fitness Room	17 9:00 Exercise
11:00 Cardio Drums	11:00 Geri Fit	9:00 Fitness Room 11:00 Bingo	11:00 Geri Fit	11:00 Bingo
12:00 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch
shutterstock - 577685947 Ensure Sold Daily	1:00 Whist/Spades Whist Drive Ensure Sold Daily	Amazing Grace Amazing Grace How Sweet Sound Ensure Sold Daily	Ensure Sold Daily	1:00 Arts/Crafts
20	21	22	23	24
CLOSED	9:00 Fitness Room	9:00 Fitness Room	9:00 Fitness Room	9:00 Fitness Room
	11:00 Geri Fit	11:00 Bingo	11:00 Geri Fit	11:00 Bingo 12:00 Lunch
MARTIN LUTHER KING JR. DAY	12:00 Lunch 1:00 Spades/Whist	12:00 Lunch	12:00 Lunch 1:00 Whist/Spades	1:00 Arts/Crafts
27	28	29	30	Ensure Sold Daily 31
27 9:00 Fitness Room	28 9:00 Fitness Room	29 9:00 Fitness Room	30 9:00 Fitness Room	9:00 Fitness Room
11:00 Cardio Drums	11:00 Geri Fit	11:00 Bingo	11:00 Geri Fit	11:00 Bingo
12:00 Lunch	12:00 Lunch 1:00 Bid Whist	12:00 Lunch	12:00 Lunch 1:00 Whist/Spades	12:00 Lunch 1:00 Arts/Crafts
Ensure Sold Daily		Ensure Sold Daily		
	Ensure Sold Daily	-4754 adriane.mosley@colun	Ensure Sold Daily	Ensure Sold Daily

For More Information: Adriane Mosley@910-655-4754 <u>adriane.mosley@columbusco.org</u> Nutrition - Diane Young