




# January 2010- Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 9:30 Senior Fitness 10:00 Foot Clinic 10:30 Sit & Be Fit 11:00 <i>Music by Ida &amp; Friends</i> 1:00 Bridge	29 10:00 TOPS 10:00 Handiwork  1:00 Pinochle <b>1:00 BINGO</b>	30 10:30 Senior Fitness  <b>1:00 Movie Day: Movie Title to be Announced</b>	31 <b>New Year's Eve</b>  10:30 Sit & Be Fit  1:00 Bunco	1  <b>-Center Closed-</b> 	2
3	4 9:30 Senior Fitness 10:00 Foot Clinic 10:00 Blood Pressure Clinic 10:30 Sit & Be Fit 11:00 <i>Music-Ida &amp; Friends</i> 1:00 Bridge	5 10:00 TOPS 10:00 Handiwork  1:00 Pinochle <b>1:00 BINGO</b>	6 9:00 Foot Clinic 10:30 Senior Fitness <b>1:00 Movie Day: "The Enchanted Island"</b>	7  10:00 HealthNet 10:30 Sit & Be Fit  1:00 Bunco 1:00 Providence Medicare	8  9:30 Painting Class 10:30 Senior Fitness 1:00 Pinochle	9
10	11 9:30 Senior Fitness 10:00 Foot Clinic 10:30 Sit & Be Fit 11:00 <i>Music-Ida &amp; Friends</i> 1:00 Bridge	12 9:30 <b>TRIP: Oregon Historical Society</b> 10:00 TOPS 10:00 Handiwork 1:00 Pinochle <b>1:00 BINGO</b>	13 10:30 Senior Fitness 1:00 Legal Assistance <b>1:00 Movie Day: "The Statue of</b>	14  10:30 Sit & Be Fit  1:00 Bunco	15  9:30 Painting Class 10:30 Senior Fitness 1:00 Pinochle	16
17	18 9:30 Senior Fitness 10:00 Foot Clinic 10:00 Blood Pressure Clinic 10:30 Sit & Be Fit 11:00 <i>Music-Ida &amp; Friends</i> 1:00 Bridge	19 9:30 <b>TRIP: Bob's Big Red Barn</b> 10:00 TOPS 10:00 Handiwork  1:00 Pinochle	20 10:00 Newsletter Folders 10:30 Senior Fitness <b>1:00 Movie Day: "The Columbia River Gorge"</b>	21  10:30 Sit & Be Fit  1:00 Bunco	22  9:30 Painting Class 10:30 Senior Fitness 1:00 Pinochle	23
24	25 9:30 Senior Fitness 10:00 Foot Clinic 10:00 Blood Pressure Clinic 10:30 Sit & Be Fit 11:00 <i>Music-Ida &amp; Friends</i> 1:00 Bridge	26 9:30 <b>TRIP: ABC Buffet</b> 10:00 TOPS 10:00 Handiwork  1:00 Pinochle	27  10:30 Senior Fitness  <b>1:00 Movie Day: "Sacrifice at Pearl Harbor"</b>	28  10:30 Sit & Be Fit  1:00 Bunco	29  9:30 Painting Class 10:30 Senior Fitness 1:00 Pinochle	30
31	<p>"When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished by how much he'd learned in seven years."</p> <p style="text-align: right;">Mark Twain</p>					