

# GSC CALENDAR OF ACTIVITY - JANUARY 2010

Mon	Tue	Wed	Thu	Fri	Sat/Sun
				1 Office Closed Happy New Year!	2  3
4 8:30a Pinochle 9a Harmonicats 10a Exercise 11a Bridge 4p Well Spouse	5 9a Nurse 9a Tai Chi II 10a Comp Basics 10a Strollers 10:15a Tai Chi I 10:30a Early Stage 1p Peace Group 6p Excel Class	6 9a Chair Mass. 10a Exercise 10a Spanish Grp 10a Comp Basics II 11a Living Alone 1p Watercolor 2p Wii 6p Wired for Learn 7p Guitar I	7 9a Tai Chi II 10a Comp Basics 10:15a Tai Chi I 10:30a Grief/Loss 12p Lunch Club 1p Open Studio 1p Baking 1p Balance 2:30p Yoga	8 9a G-Notes 9a Foot Care 10a Exercise 12p 2010 Luncheon 2p Jazz with Bud	9  10
11 8:30a Pinochle 9a Harmonicats 9a Foot Care 10a Exercise 11a Bridge 12p Red Hats 12p Active Aging Potluck 1p Piano 5:30p Intro to Sewing Machine 6p Tennis ShoeTap 6:30/8:30 Crochet 6:30p Cookie Decorating	12 9a Tai Chi II 9:30a Men's Club 10a Write Life 10a Strollers 10:15a Tai Chi I 1p Haircuts 1p Parkinson Grp. 1p Discussion Grp 1p Line Dancing 2/5:30p Beginning Sewing 3p Village Mtg. 6p Comm Kitchen 6p Excel Class 7:30p Book Discuss	13 9a Chair Massage 10a Exercise 10a Spanish Grp 10a Mixed Media 11 Alive & Learn 11a City of Hope 1p Watercolor 1:30p Financ. Plan 2p Wii 3p Line Dancing 5:30p Sew Wrkshp 6p Wired for Learn 6:30p Cake Décor 7p Guitar I	14 9a Tai Chi II 10:15a Tai Chi I 10:30a Grief/Loss 1p Balance 1p Baking 1p Open Studio 1:15p Write Life 2p Alzheimers Presentation 2:30p Yoga	15 9a G-Notes 9a Massages 10a Exercise	16  17
18 Office Closed Martin Luther King, Jr. Day	19 7:45a Casino 9a Tai Chi II 10a Write Life 10a Strollers 10:15a Tai Chi I 10:30a Early Stage 10:30 Early Stage Caregivers 1p Line Dancing 2/5:30p Beginning Sewing 6p eBay	20 9a Chair Mass. 10a Exercise 10a Spanish Grp 10a Mixed Media 11a Living Alone 12p Annual Mtg 1p Watercolor 2p Wii 3p Line Dancing 5:30p Sew Wrkshp 6p Wired for Learn 6:30p Cake Décor 7p Guitar I	21 9a Tai Chi II 9:30a Driver Safety 10a Powerful Tools 10:15a Tai Chi I 1p Balance 1p Book Discussion 1p Baking 1p Legal Assistance 1p Open Studio 1:15p Write Life 2:30p Yoga 3:30 Male Caregivers	22 9a G-Notes 9a Foot Care 9:30a Driver Safety 10a Exercise 1p Jewelry making	23 9a PNA Annual Mtg Don & Diane  24
25 8:30a Pinochle 9a Harmonicats 10a Exercise 11a Bridge 1p Piano 1p Care Transitions 6p Tennis Shoes Tap 6p Doll Making 6:30/8:30 Crochet	26 9a Tai Chi II 9:30a Men's Club 10a Write Life 10a Strollers 10:15a Tai Chi I 1p Hearing Aid Help 1p Discussion Grp 1p Aging/Optimism 1p Line Dancing 2p Film Screening 2/5:30p Beginning Sewing 6p eBay	27 9a Chair Mass. 10a Exercise 10a Spanish Grp 10a Mixed Media 11a Alive & Learn 1p Watercolor 1p Facebook 2p Wii 3p Line Dancing 5:30p Sew Wrkshp 6p Wired for Learn 6:30p Cake Décor 7:30p Book discuss 7p Guitar I	28 9a Tai Chi II 10a Powerful Tools 10:15a Tai Chi I 1p Open Studio 1p Balance 1p Baking 1:15p Write Life 2:30p Yoga	29 9a G-Notes 10a Exercise 4:30p Spaghetti Dinner 7p Bingo/Karaoke	30  31