


KASC Activities – January 2023

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>2</p> <p><i>New Year's Day Observed</i></p> <p><i>Center Closed</i></p>	<p>3 9:00 Coffee & Conversation 10 Bread/Baked Goods 10 Living History (CR) 11 Mental Gymnastics 12:30 Bingo 1-2 Aqua-Kendal 1-3 YMCA 9-3 Games / Cards / Puzzles</p>	<p>4 8:30 New You! (CR) 9:00 Coffee & Conversation 10 Bread/Baked Goods 10:15 Alzheimer's Support Group (CR) 11:00 Silver Sneakers 11:45 Produce 12 Lunch 12:45 New Horizons: Yoga and Osteoporosis 9-3 Games/Cards/Puzzles</p>	<p>5 9:00 Coffee & Conversation 9-12 Medicare Counseling 9:30 Line Dancing (WE) 10 Bread/Baked Goods 10 Bible Study 11:00 Silver Sneakers 12 Lunch 12:45 Bunco 1-2 Aqua-Crosslands 1-3 YMCA 9-3 Games/Cards/Puzzles 6:00 Line Dancing</p>	<p>6 9:00 Coffee & Conversation 9-12 Genealogy 12 Lunch 9-3 Games/Cards/Puzzles</p>
<p>9 9:00 Coffee & Conversation 10 Bread/Baked Goods 11:00 Silver Sneakers (SH) 12 Lunch 12:30 Bingo 9-3 Games/Cards/Puzzles</p>	<p>10 9:00 Coffee & Conversation 10 Bread/Baked Goods 10 Living History (CR) 12:30 Family Feud 1-2 Aqua-Kendal 1-3 YMCA 9-3 Games / Cards / Puzzles</p>	<p>11 8:30 New You! (CR) 9:00 Coffee & Conversation 10 Bread/Baked Goods 11:00 Silver Sneakers 11:45 Produce 12 Lunch 12:30 GIANT Crossword Puzzle 9-3 Games/Cards/Puzzles</p>	<p>12 9:00 Coffee & Conversation 9-12 Medicare Counseling 9:30 Line Dancing (WE) 10 Bread/Baked Goods 10 Bible Study (CR) 11:00 Silver Sneakers 12 Lunch 1-2 Aqua-Crosslands 12:45 Charades 1-3 YMCA 9-3 Cards/Games/Puzzles 6:00 Line Dancing</p>	<p>13 9:00 Coffee & Conversation 9-12 Genealogy 12 Lunch 12:45 KASC Participant Roundtable 9-3 Games/Cards/Puzzles</p>
<p>16 9:00 Coffee & Conversation 10 Bread/Baked Goods 11:00 Silver Sneakers (SH) 12 Lunch 12:30 Bingo 9-3 Games/Cards/Puzzles</p>	<p>17 9:00 Coffee & Conversation 10 Bread/Baked Goods 10 Living History (CR) 12 Lunch 12:45 Guesstures 1-2 Aqua-Kendal 1-3 YMCA 9-3 Games / Cards / Puzzles</p>	<p>18 8:30 New You! (CR) 9:00 Coffee & Conversation 10 Bread/Baked Goods 11:00 Silver Sneakers 11:45 Produce 12 BIRTHDAY LUNCH 9-3 Games/Cards/Puzzles 1-2 One-on-One Tech Help</p>	<p>26 9:00 Coffee & Conversation 9-12 Medicare Counseling 9:30 Line Dancing (WE) 10 Bread/Baked Goods 10 Bible Study (CR) 11:00 Silver Sneakers 12 Lunch 12:45 Bunco 1-2 Aqua-Crosslands 1-3 YMCA 9-3 Games/Cards/Puzzles 6:00 Line Dancing (WE)</p>	<p>20 9:00 Coffee & Conversation 9-12 Genealogy 10:30 Senior Tech Class (WE) 12 Lunch 12:45 Chair Yoga (WE) 9-3 Games/Cards/Puzzles</p>
<p>23 9:00 Coffee & Conversation 10 Bread/Baked Goods 11:00 Silver Sneakers (SH) 12 Lunch 12:30 Bingo 9-3 Cards/Games/Puzzles</p>	<p>24 9:00 Coffee & Conversation 10 Bread/Baked Goods 12 Lunch 12:45 Guesstures 1-2 Aqua-Kendal 1-3 YMCA 9-3 Games / Cards / Puzzles</p>	<p>25 PAJAMA DAY! 8:30 New You! (CR) 9:00 Coffee & Conversation 10 Bread/Baked Goods 10 KASC Book Club 11:00 Silver Sneakers 11:45 Produce 12 Lunch 12:45 Movie Matinee-Surprise! 1-2 One-on-One Tech Help 9-3 Cards/Games/Puzzles</p>	<p>26 9:00 Coffee & Conversation 9-12 Medicare Counseling 9:30 Line Dancing (WE) 10 Bread/Baked Goods 10 Bible Study (CR) 11:00 Silver Sneakers 12 Lunch 12:45 Healthy Grieving – Part 1 (WE) 12:45 Maker Day -Valentine's Day Rock Painting! 1-2 Aqua-Crosslands 1-3 YMCA 9-3 Games/Cards/Puzzles 6:00 Line Dancing (WE)</p>	<p>27 9:00 Coffee & Conversation 9-12 Genealogy 10:30 Senior Tech Class (WE) 12 Lunch 12:45 Chair Yoga (WE) 9-3 Games/Cards/Puzzles</p>
<p>30 9:00 Coffee & Conversation 10 Bread/Baked Goods 11:00 Silver Sneakers (SH) 12 Lunch 12:30 Bingo 9-3 Cards/Games/Puzzles</p>	<p>31 9:00 Coffee & Conversation 10 Bread/Baked Goods 10:30 Seminar: Free Dental Info/KASC Information Offerings 12 Lunch 1-2 Aqua-Kendal 1-3 YMCA 9-3 Games / Cards / Puzzles</p>	<p>Wednesday, January 18th Celebrating all January B'days!</p>		<p>Wednesday, Jan 25th Wear your Pajamas!</p>
