

Canton Woods

January 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	
			1 Happy New Year The center is Closed	2 8 Tai Chi 9 Open Bowling at Flamingo 9:30 Canasta & Rummikub 10 Falls Class DVD 12 Pinochle	3 9:30 BP Screening 12 PEACE Lunch 12:45 Wii Bowling T'ment 1 BINGO	4
5	6 10 UNO 10 HiCAP Representaive 12 PEACE Lunch 12:30 Dart's T'ment 1 Scrabble 2:00 Billards with The Syracuse Crunch Hockey Players 3-4:30 Smart Phone, iPad Assistance	7 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Crafts 10 Falls Class DVD 12:15 Dup Bridge 2 Art Group	8 9-11:30 Mah Jong 9:30 Zumba Gold 12 PEACE Lunch 12:30 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 2:30- 4 10 Minute Chair Massage	9 8 Tai Chi 9 Open Bowling at Flamingo 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class DVD 12 Pinochle	10 9:30 BP Screening 12 PEACE Lunch 12:45 8 Ball T'ment 1 BINGO	11 11
12	13 10 UNO 12 PEACE Lunch 1 Pitch	14 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Crafts 10 Falls Class DVD 12:15 Dup Bridget'ment	15 9-11:30 Mah Jong 9:30 Zumba Gold 12 PEACE Lunch 12:30 Party Bridge T'ment 1 BINGO 1-3 Sharing Memories Writing Program	16 8 Tai Chi 9 Open Bowling at Flamingo 9:15 CW Exercise 9:30 Canasta & Rummikub 10 MVP Meeting 12 Pinochle	17 9:30 BP Screening 12 PEACE Lunch 12:45 9 Ball T'ment 1 BINGO 1:30-4 Make & Take Card Making Workshop	18 8
19	20 Martin Luther King Day The center is closed	21 8 Tai Chi 9:30 Canasta & Rummikub 9:15 CW Exercise 10 Crafts 10 Falls Class DVD 12:15 Dup Bridge 2 Art Group 2 Book Club	22 9-11:30 Mah Jong 9:30 Zumba Gold 12 PEACE Lunch 12:30 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 2:30-4 10 Minute Chair Massage	23 8 Tai Chi 9 Open Bowling at Flamingo 9:15 CW Exercise DVD 9:30 Canasta & Rummikub 12 Pinochle TRIP	24 BP Screening 12 PEACE Lunch 12:45 Shuffleboard T'ment 1 BINGO	25 2 5
26	27 10 UNO 10:30 Kripalu Yoga 12 PEACE Lunch 12:45 Wii Bowling T'ment 1 Scrabble	28 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Crafts 10 Falls Class DVD 12:15 Dup Bridge 1 Pitch	29 9-11:30 Mah Jong 9:30 Zumba Gold 12 PEACE Lunch 12:30 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	30 8 Tai Chi 9 Open Bowling at Flamingo 9:15 CW Exercise DVD 9:30 Canasta & Rummikub 12 Pinochle	31 BP Screening 12 PEACE Lunch 12:45 Corn Bag Toss T'ment 1 BINGO	