

# JANUARY 2021

## MONDAY

3:00-3:45pm  
Yoga Nidra Meditation  
Ilene Berke

6:40-7:30pm  
Piano Made Simple  
Oksana Management  
Group

## TUESDAY

8:45-9:45am  
Jazzercise  
Elizabeth Eaves

10:30am-12:00pm  
Music Appreciation  
1st, 3rd and 4th Tuesday

10:30-11:30am  
Laugh, Flex & Stretch  
Lois Jackson

11:30am-1:00pm  
Women's COVID  
Support Group  
Sue Wellerstein

1:00-3:00pm  
Watercolor  
David Deyell

## WEDNESDAY

11:15am-12:15pm  
Chair Yogalates  
Ilene Berke

Senior Advocate  
Appointments  
Available on  
1st & 3rd Wednesdays

1:00-2:30pm  
Caregiver Support Group  
1st & 3rd Wednesdays

## THURSDAY

8:45-9:45am  
Jazzercise  
Elizabeth Eaves

10:30-11:30am  
Arthritis  
Lois Jackson

7:10-8:00pm  
Learn to Play Guitar  
Oksana Management  
Group

## FRIDAY

11:15am-12:15pm  
Chair Yogalates  
Ilene Berke