

January 2024

Mon	Tue	Wed	Thu	Fri	
1 MSAC CLOSED: NEW YEAR'S DAY	2 *No singing group 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 Mah Jong 12:45 Pickleball	3 9:30 Hand, Knee, Foot 10:00 Hand/Foot, Pound 10:00 Duplicate Bridge 11:00 Int. Tai Chi 12:00 Lunch 12:45 Scrble, P-ball, Crib.	4 *Bingo 9:30 Hand, Knee, Foot 10:00 S/B, Ping Pong 10:00 Busy Hands Grp 11:00 Strength/Balance 12:00 Lunch 12:45 Bingo, Corn, P-Ball	5 9:30 Vets Coffee Hr 10:00 Strength/Balance 11:00 Beg. Zumba 11-12 Tech Time 12:00 Lunch 12:45 Pinochle, P-ball	
8 9:30 Bridge 10:00 Duplicate Bridge 11:00 Chair Yoga 12:00 Lunch 12:45 Pitch, Bridge 12:45 Pickleball	9 *Birthday Bash 10:00 Strength/Balance 11:00 Strength/Balance 11:30 Reception 12:00 Lunch 12:45 Mah Jong 12:45 Singing, P-Ball	10 9:30 Hand, Knee, Foot 10:00 Hand/Foot, Pound 10:00 Duplicate Bridge 11:00 Int. Tai Chi 12:00 Lunch 12:45 Scrble, P-ball, Crib.	11 *Mind Puzzles 9:30 Hand, Knee, Foot 10:00 S/B, Ping Pong 10:00 Busy Hands Grp 11:00 Strength/Balance 12:00 Lunch 12:45 M. Puzzles, Cornhole, Pickleball	12 9:30 Sr. Connections 10:00 Strength/Balance 11:00 Beginner Zumba 11-12 Tech Time 12:00 Lunch 12:45 Pinochle, P-ball 12:45 Art Workshop	
15 MSAC CLOSED: MLK DAY	16 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 Mah Jong 12:45 Singing 12:45 Pickleball	17 9:30 Hand, Knee, Foot 10:00 Hand/Foot, Pound 10:00 Duplicate Bridge 11:00 Int. Tai Chi 12:00 Lunch 12:45 Scrble, P-ball, Crib.	18 *Game Day: Trivia 9:30 Hand, Knee, Foot 10:00 S/B, Ping Pong 10:00 Busy Hands Grp 11:00 Strength/Balance 12:00 Lunch 12:45 Trivia, Cornhole, Pickleball	19 10:00 Strength/Balance 11:00 Beginner Zumba 11-12 Tech Time 12:00 Lunch 12:45 Pinochle, P-ball 12:45 Art Workshop	
22 9:30 Bridge 10:00 Duplicate Bridge 11:00 Chair Yoga 12:00 Lunch 12:45 Pitch, Bridge 12:45 Pickleball	23 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 Mah Jong 12:45 Singing Group 12:45 Pickleball	24 9:30 Hand, Knee, Foot 10:00 Hand/Foot, Pound 10:00 Duplicate Bridge 11:00 Int. Tai Chi 12:00 Lunch 12:45 Scrble, P-ball, Crib.	25 9:30 Hand, Knee, Foot 10:00 S/B, Ping Pong 10:00 Busy Hands Grp 11:00 Strength/Balance 12:00 Lunch 12:45 Corn, Pickleball-ball, Bunko	26 *Art Show: 10-Noon 9:30 Sr. Connections 10:00 Strength/Balance 11:00 Beginner Zumba 11-12 Tech Time 12:00 Lunch 12:45 Pinochle 12:45 Pickleball	
29 *Book Club 9:30 Bridge 10:00 Duplicate Bridge 11:00 Chair Yoga 12:00 Lunch 12:45 Pitch, Bridge 12:45 Pickleball	30 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 Mah Jong 12:45 Singing, P-Ball	31 9:30 Hand, Knee, Foot 10:00 Hand/Foot, Pound 10:00 Duplicate Bridge 11:00 Int. Tai Chi 12:00 Lunch 12:45 Scrble, P-ball, Crib			