

# Activities

# JANUARY 2022

Mon	Tue	Wed	Thu	Fri
2 <b>CLOSED</b>	3 <b>Crestline Senior Social Club</b> 1 to 3:30 p.m.	4	5	6 <b>Cardio</b> 10 a.m.  <b>Movie</b> 1 p.m.
9 <b>Chair Exercise</b> 10 a.m.	10 <b>Crestline Canvas Painting</b> 1 p.m.	11 <b>Soap Carving</b> 1 p.m.	12 <b>Canvas Painting</b> 1 p.m.	13 <b>NO CARDIO</b>
16 <b>CLOSED- MLK Jr. Day</b>	17 <b>Crestline Health &amp; Fitness</b> 1 to 3 p.m.	18 <b>Alzheimer's Presentation</b> 1 p.m.	19 <b>Hot Dog Bar</b> 1 p.m. <b>Bingo</b> 2 p.m.	20 <b>Cardio</b> 10 a.m.  <b>Movie</b> 1 p.m.
23 <b>Chair Exercise</b> 10 a.m.  <b>Grief Support</b> 2:30 p.m.	24 <b>Crestline Soup social</b> 1 p.m. <b>Bingo</b> 2 to 3:30 p.m.	25	26 <b>Cardio Drumming</b> 10 a.m.	27 <b>NO CARDIO</b>
30 <b>Chair Exercise</b> 10 a.m.	31 <b>Crestline Craft</b> 1 to 3:30 p.m.			