

**NEW CASTLE SENIOR CENTER
JANUARY
WEEKLY ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Billiards 9:00 Pool Exercise 10:00 Wii Bowling 12:00 Lunch 12:00 Mah Jongg 1:00 Chair Yoga	9-3:00 Billiards 10:00 Bingo 10:30 Shanghai 10:30 Wii Bowling 12:00 Lunch 1:00 Strength Building/Exercise	9-3:00 Billiards 11:00 Line Dancing 12:00 Lunch 1:00 Agility/Balance/Coordination Class	9-7:00 Billiards 9:30 Bridge 9:30 Wii Bowling 10:00 Games w/Tom 12:00 Lunch 12:30 Super Market 1:00 Wii Bowling 1:00 Zumba Gold 2:15 Tai Chi/Qi Gong 2:30 Bible Study 5:30 Yoga	9-3:00 Billiards 10:00 Bingo 10:00 Mah Jongg 10:30 Beginner's/Arthritis Exercise 12:00 Lunch

JANUARY MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	CENTER CLOSED NEW YEAR'S DAY	10:00 Pinochle 10:00 Adult Coloring 1:30 YMCA Diabetes Prevention Program	9:00 Bank & PO 12:30 Food Lion 5:00 Pot Luck Dinner	12:00 Brain Boosters
7	8	9	10	11
10:00 DE Financial "Reverse Mortgages"	12:30 Pokeno	10:00 Care Wear 10:00 Chair Yoga 10:30 Reminisce Group 1:30 YMCA Diabetes	9:30 Massage Program 12:30 Shop Rite	No Arthritis Exercise class 12:30 New Castle Farmer's Market
14	15	16	17	18
10:00 Bayada Hospice 10:30 Book Club		10:00 Pinochle 10:00 Blood Work 10:00 Retro Fitness "Keep Moving & Feeling Good" 1:30 YMCA Diabetes	9:00 Bank & PO 10:00 Blood Pressure 12:30 Food Lion 3:30 "Old is Not Easy"	12:00-1:00 Entertainment: Bruce Thomas
21	22	23	24	25
CENTER CLOSED MARTIN LUTHER KING JR. DAY	12:30 Food Distribution	10:00 Atrium Ind. Senior Living 11:00 Lunch out: Hollywood Grill 1:30 YMCA Diabetes	9:00 Stand by Me 12:30 Shop Rite 4:00 Movie Night 6:00-9:00 Guest Bartender Night at Jessop's Tavern	12:30 Dollar Store
28	29	30	31	
10:00 Funeral Planning 12:15 Birthday Celeb 12:30 Brain Boosters		9:30 Goodwill/Wegmans 10:00 Ingleside	12:30 Food Lion	For snow closings WDEL 1150 am or www.wdel.com