

# January Month- At Glance

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>NEW YEAR'S DAY</b></p> <p><i>(CENTER CLOSED)</i></p>	<p>2</p> <p>9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean</p>	<p>3</p> <p>9:45 am Seniorcise Chair Exercise w/t Ottis Option: Quilting</p>	<p>4</p> <p>9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean</p>	<p>5</p> <p>9:00 am Pre-Ordered Breakfast Boardgames 9:00 am 10:30 am Bingo</p>
<p>8</p> <p>9:45 am Seniorcise Chair Exercise w/t Ottis Option: 10:30 am Bingo Quilting</p>	<p>9</p> <p>9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean Erica Chaney (Nutrition Talk) @10am</p>	<p>10</p> <p>9:45 am Seniorcise Chair Exercise w/t Ottis Option: 10:30 am Bingo Quilting</p>	<p>11</p> <p>9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean</p>	<p>12</p> <p><b>** DAY TRIP</b></p>
<p>15</p> <p><b>MARTIN LUTHER KING JR. DAY</b></p> <p><i>(CENTER CLOSED)</i></p>	<p>16</p> <p>9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean Erica Chaney (Nutrition Talk) @10am</p>	<p>17</p> <p>9:45 am Seniorcise Chair Exercise w/t Ottis Option: Quilting</p>	<p>18</p> <p>9:30 am Line Dancing in Gym Option: Corn Hole Bingo/Cards Board games  10:00 am Yoga w/t Marlean</p>	<p>19</p> <p>9:00 am Pre-Ordered Breakfast Boardgames 9:00 am 10:30 am Bingo</p>
<p>22</p> <p>9:45 am Seniorcise Chair Exercise w/t Ottis Option: 10:30 am Bingo Quilting</p>	<p>23</p> <p>9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean Erica Chaney (Nutrition Talk) @10am</p>	<p>24</p> <p>9:45 am Seniorcise Chair Exercise w/t Ottis Option: 10:30 am Bingo Quilting</p>	<p>25</p> <p>9:30 am Line Dancing in Gym Option: Corn Hole Bingo/Cards Board games 10:00 am Yoga w/t Marlean</p>	<p>26</p> <p>9:00 am Pre-Ordered Breakfast Boardgames 9:00 am 10:30 am Bingo</p>
<p>29</p> <p>9:45 am Seniorcise Chair Exercise w/t Ottis Option: 10:30 am Bingo Quilting</p>	<p>30</p> <p>9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean Erica Chaney (Nutrition Talk) @10am</p>	<p>31</p> <p>9:45 am Seniorcise Chair Exercise w/t Ottis Option: 10:30 am Bingo Quilting</p>	<p>121 Perry Street * Manchester Ga 31816 706-846-8086 *manchester-ga.gov/senior Office Hours Monday-Friday (8am-4pm)</p>	

## Manchester Senior Center

*Recreation For  
Manchester Senior Participants  
55+*

*Arts and Crafts  
Bingo  
Board Games  
Card Games  
Chair Exercise  
Cornhole Toss  
Line Dancing  
Socializing  
Quilting*

*Lunch is provided daily at  
11:15 am  
\$3.00 contribution is greatly  
appreciated.*

*The use of an indoor gym is  
provided from  
8:00am until 12:00pm  
for you to enjoy your daily walk.*

*Fitness room open daily from  
8:00 am-4:00 pm*