

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:15am Exercise w/ Kathy</p> <p>1:00pm Beginner Ukulele</p> <p>2:00pm Beginner II Ukulele</p>	<p>4</p> <p>9:00am Yoga w/ Deb</p> <p>10:00am Creative Factory Art, Acrylic Paint, "Winterberry"</p> <p>1:30pm Outburst game</p> <p>6:00pm Boxing & Balance</p>	<p>5</p> <p>9:00am Tai Chi</p> <p>10:00am Hand Drumming</p> <p>1:00pm Creative Factory Art, Watercolor paint "Junco Sketches and Quote"</p> <p>4:00pm Chair Yoga</p>	<p>6</p> <p>9:15am Drumbeats and Movement w/ Wendy</p> <p>9:15am Exercise w/ Kathy</p> <p>10:00am Advanced Beginner Ukulele</p> <p>1:30pm Bingo</p>	<p>7</p> <p>8:00am Pilates</p> <p>9:00am Technology Class: "Password Management"</p> <p>11:00am Move Your Body w/ Wendy</p> <p>1:00pm Health & Nutrition: Focus on Diabetes</p> <p>2:00pm Trivia with Starr</p>
<p>10</p> <p>9:15am Exercise w/ Kathy</p> <p>11:00am Bingocize</p> <p>1:00pm Beginner Ukulele</p> <p>2:00pm Beginner II Ukulele</p> <p>6:00pm Creative Factory Art, Acrylic Paint "Moonlit Night"</p>	<p>11</p> <p>9:00am Yoga w/ Deb</p> <p>10:00am Creative Factory Art, Acrylic Paint, "Snowy Landscape"</p> <p>1:30pm Scattergories</p> <p>6:00pm Boxing & Balance</p>	<p>12</p> <p>9:00am Tai Chi</p> <p>10:00am Hand Drumming</p> <p>1:00pm Creative Factory Art, Watercolor paint "Bentley Snowflakes"</p> <p>4:00pm Chair Yoga</p>	<p>13</p> <p>9:15am Drumbeats and Movement w/ Wendy</p> <p>9:15am Exercise w/ Kathy</p> <p>10:00am Advanced Beginner Ukulele</p> <p>11:00am Bingocize</p> <p>1:30pm Bingo</p>	<p>14</p> <p>8:00am Pilates</p> <p>9:00am Technology Class: "Understanding Antivirus Protection"</p> <p>11:00am Move Your Body w/ Wendy</p> <p>2:00pm Famous Face Bingo</p>
<p>17</p> <p><u>MARTIN LUTHER KING, JR. DAY</u></p> <p>1:00pm Beginner Ukulele</p> <p>2:00pm Beginner II Ukulele</p>	<p>18</p> <p>9:00am Yoga w/ Deb</p> <p>10:00am Creative Factory Art, Acrylic Paint, "Cocoa by the Window"</p> <p>11:00am Bingocize</p> <p>1:30pm Wheel of Fortune</p> <p>6:00pm Boxing & Balance</p>	<p>19</p> <p>9:00am Tai Chi</p> <p>10:00am Hand Drumming</p> <p>1:00pm Creative Factory Art, Watercolor paint "Wintery Night Lamp Post"</p> <p>4:00pm Chair Yoga</p>	<p>20</p> <p>9:15am Drumbeats and Movement w/ Wendy</p> <p>9:15am Exercise w/ Kathy</p> <p>10:00am Advanced Beginner Ukulele</p> <p>11:00am Bingocize</p> <p>1:30pm Bingo</p>	<p>21</p> <p>8:00am Pilates</p> <p>9:00am Technology Class: "Using Yelp to find Businesses"</p> <p>11:00am Move Your Body w/ Wendy</p> <p>2:00pm Jeopardy</p>
<p>24</p> <p>9:15am Exercise w/ Kathy</p> <p>11:00am Bingocize</p> <p>1:00pm Beginner Ukulele</p> <p>2:00pm Beginner II Ukulele</p> <p>6:00pm Creative Factory Art, Acrylic Paint "Peacock Feather"</p>	<p>25</p> <p>9:00am Yoga w/ Deb</p> <p>10:00am Creative Factory Art, Acrylic Paint, "Cozy Snowman"</p> <p>1:30pm Family Face Off</p> <p>6:00pm Boxing & Balance</p>	<p>26</p> <p>9:00am Tai Chi</p> <p>10:00am Hand Drumming</p> <p>1:00pm Creative Factory Art, Watercolor paint "Bold and Beautiful Raven"</p> <p>4:00pm Chair Yoga</p>	<p>27</p> <p>9:15am Drumbeats and Movement w/ Wendy</p> <p>9:15am Exercise w/ Kathy</p> <p>10:00am Advanced Beginner Ukulele</p> <p>11:00am Bingocize</p> <p>1:30pm Bingo</p>	<p>28</p> <p>8:00am Pilates</p> <p>9:00am Technology Class: "Using Smartphone Tools and Utilities"</p> <p>11:00am Move Your Body w/ Wendy</p> <p>2:00pm The Price is Right</p>
<p>31</p> <p>9:15am Exercise w/ Kathy</p> <p>11:00am Bingocize</p> <p>1:00pm Beginner Ukulele</p> <p>2:00pm Beginner II Ukulele</p>	 <p><i>January 2022</i></p> <p>LCOA VIRTUAL CONNECTIONS</p>			