




MONONA SENIOR CENTER CALENDAR • JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>3 9:30 Target Trip 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble</p>	<p>3 9:30 Target Trip 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble</p>	<p>4 10:00 <i>Memory Café</i> 12:00 Canasta 12:45 Euchre</p>	<p>5 8:45 Senior Shape-up 10:00 Crafts 12:00 Dominoes/ Rummikub 12:00 Bingo & Lunch 1:00 <i>Mah Jongg</i></p>	<p>6 9:00 Cribbage 9:00 Foot Clinic 12:00 Nutrition Site 12:30 Sheepshead 1:15 Movie</p>
<p>9 8:30 Quilters 11:00 Tai Chi 12:00 Reflexology 12:00 Adult Coloring 12:30 Bridge</p>	<p>10 9:00 Foot Clinic 9:30 Woodman's 10:00 Chair Yoga 12:00 Carve-In 12:00 Dan's Open Lab 12:30 500/Hand & Foot 1:00 Scrabble</p>	<p>11 10:00 <i>40 Thieves on Saipan</i> 12:00 Canasta 12:45 Euchre</p> 	<p>12 8:45 Senior Shape-up 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub 1:00 <i>Mah Jongg</i> 1:00 Stamp Camp</p>	<p>13 9:00 Cribbage 11:30 NewBridge Case Manager 12:00 Nutrition Site 12:30 Sheepshead 1:15 Movie</p>
<p>16 Martin Luther King Jr. Day Offices Closed</p> 	<p>17 10:00 Chair Yoga 12:00 Carve-In 12:00 Dan's Open Lab 12:30 500/Hand & Foot 1:00 Scrabble</p> 	<p>18 10:00 Stretch & Tone 10:00 Theater Bus Travel Preview 10:00 <i>Knit & Stitch</i> 1:00 Pilates 12:00 Canasta 12:45 Euchre</p> 	<p>19 8:45 Senior Shape-up 9:00 Reflexology 10:00 Crafts 10:00 Collette Travel Preview 11:30 Cup of Chi 12:00 Dominoes/ Rummikub 1:00 <i>Mah Jongg</i> 4:00 Friends Board Meet</p>	<p>20 8:00 Chair Massage 9:00 Cribbage 9:00 R.O.M.E.O. 10:00 Stretch & Tone 11:00 Pilates 12:00 Nutrition Site 12:30 Sheepshead</p> 
<p>23 8:30 Quilters 8:45 Dia. Foot Clinic 10:00 Stretch & Tone 11:00 Pilates 8:30 Quilters 11:00 Tai Chi 12:00 Adult Coloring 12:30 Bridge 1:00 Sip N Swipe</p>	<p>24 10:00 Chair Yoga 12:00 Carve-In 12:00 Dan's Open Lab 12:30 500/Hand & Foot 1:00 Scrabble</p> 	<p>25 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre 2:00 Healthy Living 4 Brain & Body</p>	<p>26 8:45 Senior Shape-up 9:00 Foot Clinic 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub 1:00 <i>Mah Jongg</i></p>	<p>27 9:00 Cribbage 9:00 Foot Clinic 10:00 Stretch & Tone 11:00 Pilates 11:00 Low Vision 12:00 Nutrition Site 12:30 Sheepshead</p>
<p>30 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi 12:00 Adult Coloring 12:30 Bridge 1:00 Sip N Swipe</p>	<p>31 10:00 Chair Yoga 10:00 Monona Chorus 12:00 Dan's Open Lab 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble</p> 			

Green denotes Zoom Events / Blue is Hybrid –both Zoom and in person / Italics is offsite