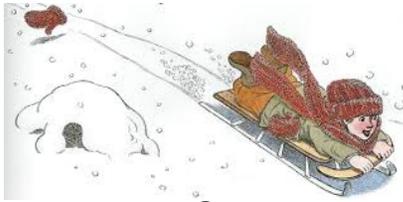


# January 2015 - Senior Activities



## NORTH CASTLE SENIORS

Mon. & Thurs.: 10 am-2 pm at Hergenhan Rec. Ctr., Armonk—273-2944

Wed. & Fri.: 11 am-3 pm at No. Castle Comm. Ctr., No. White Pl.—946-3244



Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1 <b>NEW YEAR'S DAY</b> (CENTER CLOSED)	2 11:45 Walking 11:15 Chair Exercise Lunch Bingo	3
4	5 10:00 Walking 11:00 Chair Yoga Ceramics Knitting	6	7 10:45 Walking (Gym) 11:15 Chair Exercise Lunch Bingo	8 10:00 Walking 10:00 Ping Pong 10:30 Local Shopping Ceramics/Knitting <b>12:15 MUSIC WITH VIVIAN</b> <b>12:45 Strength</b>	9 11:45 Walking 11:15 Chair Exercise Lunch Bingo	10
11	12 10:00 Walking 10-noon Clay 11:00 Chair Yoga Ceramics Knitting	13	14 10:45 Walking 11:15 Chair Exercise Lunch Bingo	15 10:00 Walking 10:00 Ping Pong 10:30 Local Shopping Ceramics/Knitting <b>12:45 Strength</b>	16 11:45 Walking 11:15 Chair Exercise Lunch Bingo	17
18	19 <b>MARTIN LUTHER KING, JR. DAY</b> (CENTER CLOSED)	20	21 10:45 Walking 11:15 Chair Exercise Lunch Bingo	22 10:00 Walking 10:00 Ping Pong 10:30 Local Shopping Ceramics/Knitting <b>12:45 Strength</b>	23 11:45 Walking 11:15 Chair Exercise Lunch Bingo	24
25	26 10:00 Walking 11:00 Chair Yoga <b>12:15 Medicare</b> Ceramics Knitting	27 <b>SHOPPING WITH JOYCE</b>	28 10:45 Walking 11:15 Chair Exercise Lunch Bingo	29 <b>NOT SO SILENT AUCTION</b> (Bidding is from 9:30 am—12:30 pm) 10:30 Local Shopping <b>NO STRENGTH CLASS</b>	30 11:45 Walking 11:15 Chair Exercise Lunch Bingo	31

