

FREE ACTIVE ADULT/SENIOR ACTIVITY CALENDAR

JANUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	3 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	4 9:30 - 10:30 am SENIOR WALKING CLUB	5 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO	6 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	7
8 6:00- 8:30 pm DANCE	9 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	10 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	11 9:30 - 10:30 am SENIOR WALKING CLUB 1:00 pm MOVIE <i>A Walk in the Clouds</i> <i>1 small drink & popcorn/person**</i>	12 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00 pm CARDS WITH FRIENDS <i>Hand & Foot</i>	13 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	14
15	16 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	17 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	18 9:30 - 10:30 am SENIOR WALKING CLUB	19 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO	20 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	21
22/29	23/30 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	24/31 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	25 9:30 - 10:30 am SENIOR WALKING CLUB	26 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00 pm CARDS WITH FRIENDS <i>Hand & Foot</i>	27 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	28

ALL ACTIVITIES ARE **FREE**
(UNLESS OTHERWISE NOTED)

THANKS TO

**Geneseo
Park District
Foundation**



GENESEO
PARK DISTRICT

GENESEOPARKDISTRICT.ORG/ACTIVE-ADULT

ARE YOU ELIGIBLE AND RECEIVE MEDICAID?

If so, check out our FUNding Positive Recreation Program where you can receive up to \$200 a year towards your membership or programs. Pick up an application on our website or at The Center's front desk.

*Sponsored in part by

Hammond-Henry Hospital

**Sponsored by

Classic Club