


ORANGE BEACH SENIOR/ADULT ACTIVITY CENTER □ 26251 CANAL ROAD □ 251-981-3440

January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Happy New Year
2	3 8-9am: Flex & Stretch 9am-2pm: Craft Workshop 9:30-11:30am: Hand & Foot 1-3pm: Mah Jong 2-3pm: Sit & Be Fit	4 8-9am: Yoga 9-11am: Ceramics 12-3:30pm: Party Bridge	5 9-10am: Tai Chi 9-9:30am: Blood Pressure Ch 9-11am: Pine Needle Basket 9:30-12pm: Mexican Train 2-3pm: Sit & Be Fit	6 8-9am: Yoga 9-11am: Wine Bottle Chimes 9:30-11:30am: Hand & Foot 12-3:30pm: Party Bridge 6pm: Library Lecture Series	7	8
9	10 8-9am: Flex & Stretch 9am-2pm: Craft Workshop 9:30-11:30am: Hand & Foot 1-3pm: Mah Jong 2-3pm: Sit & Be Fit	11 8-9am: Yoga 9-11am: Ceramics 12-3:30pm: Party Bridge	12 9-10am: Tai Chi 9-9:30am: Blood Pressure Ch 9-11am: Pine Needle Basket 9:30-12pm: Mexican Train 2-3pm: Sit & Be Fit	13 8-9am: Yoga 9-11am: Wine Bottle Chimes 9:30-11:30am: Hand & Foot 12-3:30pm: Party Bridge 6pm: Library Lecture Series	14 11am: Lunch & Learn- "Oh My Aching Shoulder" w/ Dr. John Todd	15
16	17  17 Senior Center Closed MARTIN LUTHER KING DAY	18 8-9am: Yoga 9-11am: Ceramics 12-3:30pm: Party Bridge	19 9-10am: Tai Chi 9-9:30am: Blood Pressure Ch 9-11am: Pine Needle Basket 9:30-12pm: Mexican Train 2-3pm: Sit & Be Fit	20 8-9am: Yoga 9-11am: Wine Bottle Chimes 9:30-11:30am: Hand & Foot 12-3:30pm: Party Bridge 6pm: Library Lecture Series	21 10am: City Exploration- Fitness Center Tour 10am-1pm: Game & Lunch- Hand & Foot Canasta & Sub Sandwiches	22
23	24 8-9am: Flex & Stretch 9am-2pm: Craft Workshop 9:30-11:30am: Hand & Foot 1-3pm: Mah Jong 2-3pm: Sit & Be Fit	25 8-9am: Yoga 9-11am: Ceramics 12-3:30pm: Party Bridge	26 9-10am: Tai Chi 9-9:30am: Blood Pressure Ch 9-11am: Pine Needle Basket 9:30-12pm: Mexican Train 2-3pm: Sit & Be Fit	27 8-9am: Yoga 9-11am: Wine Bottle Chimes 9:30-11:30am: Hand & Foot 12-3:30pm: Party Bridge 6pm: Library Lecture Series	28 9am-11am: Screening- Memory & Balance Testing w/ Testing 1,2,3	29
30	31 8-9am: Flex & Stretch 9am-2pm: Craft Workshop 9:30-11:30am: Hand & Foot 1-3pm: Mah Jong 2-3pm: Sit & Be Fit					