

# Refrigerator Reminder - MRC Daily Activities

## Monday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
8:00	Quilters & Sewing	AR
8-12	Woodcarving	LO
10:00	Golden K	CR
12:30	Mahjong	LO
12:30	Lasting Impressions	MP1
1:00	Hand & Foot	MP2
1:00	Drum Practice	CR
1:30	Armchair Travel (see pg. 24)	AR
2:00	Movies (see pg. 15)	AR
2:30	Ukulele Class	CR
5-7	Ballroom Dancing	MP2

## Tuesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Succulent Group (3rd Tues.)	AR
Widows	Support Grp (4th Tues)	AR
10:00	Tai Chi (\$)	MP1
10:30	Bible Study	CR
1:00	Card Making (1st Tues.)	AR
1:00	Woodshop	WS
1:00	Ted Talks (2nd Tues.)	CR
1-3	Embroidery Guild (2nd Tues.)	AR
1-4	Pinochle (2nd & 4th Tues.)	CNR
2:00	MRC On the Go (see page 6)	Off Site
2:00	Bodies in Motion	MP2
3:00	Tea (2nd Tues.)	LO
5:00	Euchre	MP3
5-7	Evening Sewing (pg. 7)	AR
5-7	Quilt Guild (2nd Tues.)	AR
5-7	Ballroom Dancing	MP2

## Wednesday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Bookmobile (pg. 18)	Out Front
10:00	Art Class	AR
11:00	Walk'n'Roll	MP2
11:30	TOPS	CR
12:30	Hand & Foot	MP2
1:00	Scrabble	LO
1:00	Reader's Theater	CR
3:30	Bible Study	CR
4:00	Beg. Line Dance	MP2
5:30-8	Pickleball	MP2

## Thursday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
10:00	Tai Chi (\$)	MP1
10:00	Coffee Hour (3rd Thurs.)	LO
12:00	Line Dance (2nd Thurs.)	MP2
12:30	Dominoes	MP3
1:00	Birthday Party (once a newsletter)	MP1
1:00	Woodshop	CR
1:00	Woodcarving	CR
2:00	Bodies in Motion	MP2
3:00	Craft Classes (see pg. 8)	AR
3:30	Grocery Bingo (see pg. 14)	AR
6-7	Meditation	CR
5-7	Ballroom Dancing	MP2
5:30	Zumba Gold (\$)	MP3

## Friday

Open	Billiards	BL
Open	Jig Saw Puzzle Table	LOB
8:30	Bodies in Motion	MP2
9:30	Total Brain Workout (see pg. 19)	CR
10:00	Line Dancing	MP2
12:30	Mahjong	AR
1:00	Learn Bridge	CNR
1:00	Broadway Series (3rd Fri.)	CR
12:30	Lasting Impressions	MP1
12:30-3:30	Pickleball	MP2

## Saturday

8:30-11:30	Pickleball	MP2
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(check dates on pg. 11)

AR	Art Room
CNR	Conference Room
CR	Classroom
FC	Fitness Center
LO	Lounge
LOB	Lobby
MP1	Multipurpose Room One
MP2	Multipurpose Room Two
MP3	Multipurpose Room Three
MR	Meeting Room
SP	Senior Products
WS	Woodshop
FFY	Foundation For Youth

Items in BOLD have registration fee.  
\$ indicates drop-in fee available.

## ACTIVITY HIGHLIGHTS

### January 5

Zumba Gold, 5:30pm (\$) **NEW**

### January 9 & 23

Movie, 2:00 & 4:30pm **FREE!**

### January 10

Tuesday Tea, 3:00pm **FREE!**

### January 16 & February 6 & 20

Documentaries, 1:30pm **FREE!**

### January 17

Bus Trips Travel Show, 11:00am **NEW FREE!**

### January 17 & February 21

Succulent Lover's Group, 10:00am **FREE!**

### January 18 & February 27

Come & Eat, 11am

### January 19

Coffee Hour, 10:00am **FREE!**

Birthday Party, 12:30pm

Grocery Bingo, 3:30pm

### January 20

Total Brain Health, 9:30am **FREE!**

Broadway Movie, 1:00pm

### January 25

Walter Glover Speaking, 2:00pm **NEW FREE!**

### January 26

Setting Goals Class, 11:00am **NEW**

Columbus Conversations. 6:30pm **FREE!**

### January 27

Friday Night Line Dance (\$), 7:00pm **NEW**

### February 2

Learn to Relax Class, 11:00am **NEW FREE!**

### February 3

Welcome Breakfast, 9:30am **FREE!**

### February 9

Random Acts of Kindness Class, 11:00am

Artcraft Theater, 12:20pm

### February 13 & 27

Movie, 2:00 & 4:30pm **FREE!**

### February 14

Valentine's Party, 11:30am **NEW**

### February 16

Coffee Hour, 10:00am **FREE!**

Grocery Bingo, 3:30pm

Columbus Conversations. 6:30pm

### February 17

Total Brain Health, 9:30am **FREE!**

Broadway Movie, 1:00pm **FREE!**

### February 21

TED Talks, 1:00pm **FREE!**

Tuesday Tea, 3:00pm **FREE!**

### February 24

Afternoon for Arts, 2:00pm **NEW**

Evening Line Dance, 7:00pm

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