



# January 2018

## Port Wentworth Neighborhood Center

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Closed</b> <b>Happy New Year!</b>	<b>9am</b> Puzzle & social <b>10am</b> New Year's resolutions <b>11am</b> Reminisce: New Year <b>12:30pm</b> What are your New Year's resolutions for 2018?	<b>9am</b> Puzzle & hot chocolate social <b>10am</b> Sit and be fit <b>11am</b> Sing along w/Quillian Mercer <b>12:30pm</b> Food distribution <b>BP CHECKS</b>	<b>9am</b> Puzzle & social <b>10am</b> Chair Zumba <b>11am</b> Who am I? <b>12:30pm</b> Mexican train	<b>9am</b> Searching for January <b>10am BINGO</b> <b>12:30pm</b> Sewing club
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>9am</b> Puzzle& social <b>10am BINGO</b> <b>12:30pm</b> Sewing club	<b>9am</b> Puzzle & social <b>10am</b> Health talk: Getting Fit for Life <b>11am</b> Craft: day to day calendar	<b>9am</b> Puzzle & social <b>10am</b> Sit and be fit <b>11am</b> Sing along w/Cliff Coursey <b>12:30pm</b> Food distribution <b>BP CHECKS</b>	<b>9am</b> Puzzle& social <b>10am</b> Sweatin' to the oldies workout <b>11am</b> Questions about smoking, tobacco, and health <b>12:30pm</b> Rummikub	<b>9am</b> Puzzle& social <b>10am BINGO</b> <b>12:30pm</b> Sewing club
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>MLK, Jr. Day</b> <b>Closed</b>	<b>9am</b> MLK word scramble <b>10am</b> Nutrition talk: Healthy Snack Options for Seniors <b>11am Art:</b> Dove of peace origami <b>12:30pm</b> Mexican train	<b>9am</b> Puzzle & social <b>10am</b> Sit and be fit <b>11am</b> Singalong w/Karen B. <b>12:30pm</b> Food distribution <b>BP CHECKS</b>	<b>9am</b> Puzzle& social <b>10am</b> Chair Zumba <b>11am</b> Health talk: Skin Care & Aging <b>12:30pm</b> Facials	<b>9am</b> Puzzle & social <b>10am BINGO</b> <b>12:30pm</b> Sewing club
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>9am</b> Puzzle& social <b>10am BINGO</b> <b>12:30pm</b> Sewing club	<b>9am</b> Puzzle & social <b>10am</b> Bookmobile <b>10:30am</b> Prep Valentines Day wreath <b>12:30pm</b> PBN: Art Deco	<b>9am</b> Puzzle & social <b>10am</b> Sit and be fit <b>11am</b> Singalong w/Johnny B. <b>12:30pm</b> Food distribution <b>BP CHECKS</b>	<b>9am</b> Puzzle& social <b>10am</b> Chair Zumba <b>11am</b> Name that Tune <b>12:30pm</b> Rummikub	<b>9am</b> Puzzle& social <b>10am BINGO</b> <b>12:30pm</b> Sewing club
<b>29</b>	<b>30</b>	<b>31</b>		
<b>9am</b> Puzzle& social <b>10am BINGO</b> <b>12:30pm</b> Sewing club	<b>9am</b> Puzzle & social <b>10am</b> Health speaker <b>11am</b> Craft: Valentine's Day Wreath	<b>9am</b> Puzzle & social <b>10am</b> Sit and be fit <b>11am</b> Singalong w/Hercules Hicks <b>12:30pm</b> Food distribution <b>BP CHECKS</b>		

### January highlights

Wednesday sing along with Quillian Mercer 1/3, Cliff Coursey 1/10, Karen B. 1/17, Johnny Bowen 1/24, Hercules H. 1/29

### Happy Birthday

Joyce L. 1/1, Reba Y. 1/2, Shirley O. 1/7, Sharon R. 1/10, Karen B. 1/16, Faye H. 1/16, Eddie M. 1/19, Max S. 1/30

### Ed Young Senior Center

103 Turnberry Street | Port Wentworth, GA 31407

Lara Horn, Director

9am - 2:30pm