

# January 2024

# December 2023

# February 2024

<u>S</u>	<u>M</u>	<u>T</u>	<u>W</u>	<u>T</u>	<u>F</u>	<u>S</u>	<u>S</u>	<u>M</u>	<u>T</u>	<u>W</u>	<u>T</u>	<u>F</u>	<u>S</u>
26	27	28	29	30	1	2	28	29	30	31	1	2	3
3	4	5	6	7	8	9	4	5	6	7	8	9	10
10	11	12	13	14	15	16	11	12	13	14	15	16	17
17	18	19	20	21	22	23	18	19	20	21	22	23	24
24	25	26	27	28	29	30	25	26	27	28	29	1	2
31	1	2	3	4	5	6	3	4	5	6	7	8	9

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 New Years Day 8:00 AM - VMC CLOSED FOR HOLIDAY 11:00 AM - Carol's Coffee Chat (Zoom)	2 8:30 AM - Balance & Strengthening 9:45 AM - Balance & Strength +Core 11:30 AM - Eating Well	3 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:30 AM - Tai Chi (Live Instructor) 1:00 PM - Bridge Group	4 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg	5 9:00 AM - Village Vocals Music Group 10:00 AM - Chair Yoga 11:00 AM - Fun & Games	6
7	8 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 3:00 PM - Member Meeting	9 8:30 AM - Balance & Strengthening 9:45 AM - Balance & Strength +Core 11:30 AM - Tuesday Lunch Bunch	10 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:30 AM - Tai Chi (Live Instructor) 1:00 PM - Bridge Group 6:00 PM - Bunko	11 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 3:00 PM - Village Book Club	12 9:00 AM - Village Vocals Music Group 9:30 AM - IT Meeting -- Discuss Website Cleanup 10:00 AM - Chair Yoga 11:00 AM - Fun & Games	13 1:00 PM - Singles Network (SNAP)
14	15 Martin Luther King Jr. Birthday 8:00 AM - VMC CLOSED FOR HOLIDAY 11:00 AM - Carol's Coffee Chat (Zoom)	16 8:30 AM - Balance & Strengthening 9:45 AM - Balance & Strength +Core 1:00 PM - Calendar Kick-Off Party	17 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:30 AM - Tai Chi (Live Instructor) 1:00 PM - Bridge Group 4:00 PM - Informational Happy Hour	18 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 4:30 PM - Third Thursday Social	19 9:00 AM - Village Vocals Music Group 9:45 AM - Chocolate Factory Tour & Lunch 10:00 AM - Chair Yoga 11:00 AM - Fun & Games	20
21	22 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 4:00 PM - Panera Fundraiser	23 8:30 AM - Balance & Strengthening 9:45 AM - Balance & Strength +Core 11:30 AM - ROMEO	24 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:30 AM - Tai Chi (Live Instructor) 1:00 PM - Bridge Group	25 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Board Meeting	26 9:00 AM - Village Vocals Music Group 10:00 AM - Chair Yoga 11:00 AM - Fun & Games	27
28	29 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 1:00 PM - Normal Aging Forum	30 8:30 AM - Balance & Strengthening 9:45 AM - Balance & Strength +Core 1:00 PM - Care Committee Meeting	31 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:30 AM - Tai Chi (Live Instructor) 1:00 PM - Bridge Group	1 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg	2 10:00 AM - Chair Yoga 10:30 AM - Groundhog Gala 11:00 AM - Fun & Games	3