



# January 2023

RiverWalk  
Center for Healthy Aging  
(570) 601-9592

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>CENTER CLOSED</b></p> <p><b>NEW YEAR'S HOLIDAY</b></p>	<p>3</p> <p>10:30 Senior Yoga—Virtual</p> <p>1:00 Get the Dirt on Gardening</p>	<p>4</p> <p>9:00 Cards</p> <p>12:00 Bible Study</p> <p>2:00 Line Dance</p>	<p>5</p> <p>9:00 Free Time</p> <p>10:30 Drawing w/ George,</p> <p>1:00 Bingo</p>	<p>6</p> <p>9:00 Zumba Gold,</p> <p>1:00-2:00 Electronics Help (call ahead)</p>
<p>9</p> <p>9:00 Wood Carving,</p> <p>9:00 Zumba Gold,</p> <p>12:30 Live Music</p> <p>2:00 Free Time</p>	<p>10</p> <p>10:30 Senior Yoga—Virtual</p> <p>1:00 Get the Dirt on Gardening</p>	<p>11</p> <p>9:00 Cards</p> <p>12:00 Bible Study</p> <p>2:00 Line Dance</p>	<p>12</p> <p>9:00 Free Time</p> <p>10:30 Drawing w/ George,</p> <p>1:00 Bingo</p>	<p>13</p> <p>9:00 Zumba Gold,</p> <p>1:00-2:00 Electronics Help (call ahead)</p>
<p>16</p> <p><b>CENTER CLOSED</b></p> <p><b>MARTIN LUTHER KING, JR DAY</b></p>	<p>17</p> <p>10:30 Senior Yoga—Virtual</p> <p>1:00 Get the Dirt on Gardening</p>	<p>18</p> <p>9:00 Cards</p> <p>12:00 Bible Study</p> <p>2:00 Line Dance</p>	<p>19</p> <p>9:00 Free Time</p> <p>10:30 Drawing w/ George,</p> <p>1:00 Bingo</p>	<p>20</p> <p>9:00 Zumba Gold,</p> <p>1:00-2:00 Electronics Help (call ahead)</p>
<p>23</p> <p>9:00 Wood Carving,</p> <p>9:00 Zumba Gold,</p> <p>12:30 Live Music</p> <p>2:00 Free Time</p>	<p>24</p> <p>10:30 Senior Yoga—Virtual</p> <p>1:00 Get the Dirt on Gardening</p>	<p>25</p> <p>9:00 Cards</p> <p>9:00 <b>iPhone Training (sign up required)</b></p> <p>11:30 <b>Mature Driver Presentation with Highway Safety Network</b></p> <p>12:00 Bible Study</p> <p>2:00 Line Dance</p>	<p>26</p> <p>9:00 Free Time</p> <p>10:30 Drawing w/ George,</p> <p>1:00 Bingo</p>	<p>27</p> <p>9:00 Zumba Gold,</p> <p>1:00-2:00 Electronics Help (call ahead)</p>
<p>30</p> <p>9:00 Wood Carving,</p> <p>9:00 Zumba Gold,</p> <p>12:30 Live Music</p> <p>2:00 Free Time</p>	<p>31</p> <p>9:00 <b>iPhone Training (sign up required)</b></p> <p>10:30 Senior Yoga—Virtual</p> <p>1:00 Get the Dirt on Gardening</p>			<p><b>Join us for lunch!</b></p> <p><b>Served M-F at 11:30am</b></p> <p><b>Call to order a meal 48hrs in advance.</b></p>