

January

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
HAPPY NEW YEAR 2024	9am Cardio 9am Men's Stretching 12p Chair	9am Bible Study	9am Cardio 9am Men's Stretching 12p Chair	9am Breakfast & Movie \$4 - "A Good Person" - Starring Morgan Freeman
8	9	10	11	12
9am BINGO	9am Cardio 9am Men's Stretching 12p Chair 6pm Line Dancing with Nisha	9am Bible Study 10AM Nurse - Frances Harris	9am Cardio 9am Men's Stretching 12p Chair	Evan Hunt - KCAASD S.T.E.P.
15	16	17	18	19
BSC CLOSED MARTIN LUTHER KING JR. DAY	9am Cardio 9am Men's Stretching 10am Enhanced Fitness 12p Chair 6pm Line Dancing with Nisha	9am Bible Study 10am Dignity Health Screening 10am Enhanced Fitness 11am January Birthday Celebration	9am Cardio 9am Men's Stretching 12p Chair	Evan Hunt - KCAASD S.T.E.P.
22	23	24	25	26
9am BINGO 10am Enhanced Fitness	9am Cardio 9am Men's Stretching 10am Enhanced Fitness 12p Chair 6pm Line Dancing with Nisha	9am Bible Study 10AM Nurse - Frances Harris 10am Enhanced Fitness	9am Cardio 9am Men's Stretching 12p Chair 6pm Board Meeting	Evan Hunt - KCAASD S.T.E.P.
29	30	31	1	2
9am BINGO 10am Enhanced Fitness	9am Cardio 9am Men's Stretching 10am Enhanced Fitness 12p Chair 6pm Line Dancing with Nisha	9am Bible Study 10am Enhanced Fitness Executive Director in Sac til 2.3.2024	9am Cardio 9am Men's Stretching 12p Chair ED IN SAC 2.3.2024	10am - 11:15am Fun Day ED IN SAC 2.3.2024

Month

Year

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY