

**CHARLESWOOD  
ADULT DAY  
CLUB**

**JANUARY 2018**

10:00 - 10:30  
Morning Coffee  
Muffins

10:45 - 11:45  
Physical Fitness

11:45 - 12:00  
Walk-a-Lap  
Refreshments

12:15 - 12:45  
Recreation

2:45 - 1:45  
Lunch

1:45 - 2:15  
Rest & Relaxation

2:15 - 3:15  
Mental Fitness  
Programs

3:15  
Refreshments &  
Sharing Circle

3:30  
Departure

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>TIME TO RELAX IN JANUARY</b> 				
<b>Happy New Year!</b>  <b>Holiday</b> <b>1</b>	<b>KICK BACK AND RELAX 2</b>  A.M. BOCCE  P.M. SMALL GROUPS	<b>KICK BACK AND RELAX 3</b>  A.M. BOCCE  P.M. SMALL GROUPS	<b>KICK BACK AND RELAX 4</b> *Kristen Yoga  A.M. BOCCE  P.M. SMALL GROUPS	<b>KICK BACK AND RELAX 5</b>  A.M. BOCCE  P.M. SMALL GROUPS
<b>VACATIONS 8</b>  A.M. GOLF  P.M. SMALL GROUPS	<b>VACATIONS 9</b>  A.M. GOLF  P.M. SMALL GROUPS	<b>VACATIONS 10</b>  A.M. GOLF  P.M. SMALL GROUPS	<b>VACATIONS 11</b>  A.M. GOLF  P.M. SMALL GROUPS	<b>VACATIONS 12</b>  A.M. GOLF  P.M. SMALL GROUPS
<b>50's WEEK 15</b>  A.M. BIRDIE TOSS  P.M. SMALL GROUPS	<b>50's WEEK 16</b>  A.M. BIRDIE TOSS  P.M. SMALL GROUPS	<b>50's WEEK 17</b>  A.M. BIRDIE TOSS  P.M. SMALL GROUPS 	<b>50's WEEK 18</b>  A.M. BIRDIE TOSS  P.M. SMALL GROUPS	<b>50's WEEK 19</b>  A.M. BIRDIE TOSS  P.M. SMALL GROUPS
 <b>TEA WEEK 22</b>  A.M. MAKE YOUR POINT  P.M. FLOOR SHUFFLEBOARD TEA PARTY	<b>TEA WEEK 23</b>  A.M. MAKE YOUR POINT  P.M. FLOOR SHUFFLEBOARD TEA PARTY	<b>TEA WEEK 24</b>  A.M. MAKE YOUR POINT  P.M. FLOOR SHUFFLEBOARD TEA PARTY	<b>TEA WEEK 25</b>  A.M. MAKE YOUR POINT  P.M. FLOOR SHUFFLEBOARD TEA PARTY	<b>TEA WEEK 26</b>  A.M. MAKE YOUR POINT  P.M. FLOOR SHUFFLEBOARD TEA PARTY
<b>TIME TO ENERGIZE 29</b>  A.M. SCATEGORIES  P.M. FLOOR SHUFFLEBOARD	<b>TIME TO ENERGIZE 30</b>  A.M. SCATEGORIES  P.M. FLOOR SHUFFLEBOARD	<b>TIME TO ENERGIZE 31</b>  A.M. SCATEGORIES  P.M. FLOOR SHUFFLEBOARD	<b>TIME TO ENERGIZE Feb 1</b>  A.M. SCATEGORIES   P.M. FLOOR SHUFFLEBOARD	<b>TIME TO ENERGIZE Feb 2</b>  A.M. SCATEGORIES  P.M. FLOOR SHUFFLEBOARD