








## PCC Senior Program ~ JANUARY 2019

Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;"><b><u>Happy Birthday!</u></b> Brenda Bartlett Patterson Dee Capisano Nancy Fitzpatrick</p>	1	2	3	4
	<p style="text-align: center;"><b>HAPPY NEW YEAR!</b> PCC IS CLOSED</p> 	<p>9am <b>Footsteps for Fitness</b> (G) 1pm Lunch Out at <b>NUEVO VALLARTA (Mexican)</b> in Manchester. Van leaves Rolfe Park at 11am.</p>	<p>9am <b>Footsteps for Fitness</b> in the PCC Gym (G)  1pm Tai Ji Quan (G)</p>	<p><b>9:30am BONE BUILDERS</b> 1:00pm Shuffleboard (G) <b>CARD PARTY TO RETURN IN MARCH</b></p>
7	8	9	10	11
<p>9:30am <b>BONE BUILDERS</b> (B) 12pm <b>LUNCH</b> (B) Honey BBQ meatballs, etc. 12:30pm <b>New Year Trivia!</b></p>	<p>9:30am <b>BINGO</b> (G) 1pm Wii Games  1pm <b>Tai Ji Quan</b></p>	<p>8am Kristen at Capital Wellness Coalition Meeting. 9am <b>Footsteps for Fitness</b> in the PCC Gym (G)</p>	<p>9am <b>Footsteps for Fitness</b> in the PCC Gym (G)  1pm <b>Tai Ji Quan</b></p>	<p><b>9:30am BONE BUILDERS</b> 1:00pm Shuffleboard (G)</p> 
14	15	16	17	18
<p style="text-align: center;"><b>NO ACTIVITIES TODAY</b> <b>MARTIN LUTHER KING JR.</b> <b>HOLIDAY</b></p> 	<p>9:30am <b>BINGO</b> (G)  1pm <b>Tai Ji Quan</b></p>	<p>9am Footsteps for Fitness 10am <b>BUDDY BINGO</b> (CR) 2pm <b>Crafty Creations</b> at the Whitaker Place</p>	<p>9am <b>Footsteps for Fitness</b> in the PCC Gym (G)  1pm <b>Tai Ji Quan</b></p>	<p><b>9:30am BONE BUILDERS</b> 1:00pm Shuffleboard (G)</p>
21	22	23	24	25
<p>9:30am <b>BONE BUILDERS</b> (B) 11:30 <b>SPEAKER</b>-TBA 12pm <b>LUNCH</b> (B) Baked Fish, etc.</p>	<p>9:30am <b>BINGO</b> (G) 1pm <b>MOVIE: Dog Days</b> –(R) romantic comedy  1pm <b>Tai Ji Quan</b></p>	<p>9am <b>Footsteps for Fitness</b> (G)</p>  <p>Red Hatter Get Together Let's celebrate National Pie Day with Pie &amp; Ice Cream at the Rolfe House 1pm</p>	<p>9am <b>Footsteps for Fitness</b> in the PCC Gym (G) 1pm <b>Tai Ji Quan</b></p> 	<p><b>9:30am BONE BUILDERS</b> 1:00pm Shuffleboard (G)</p>
28	29	30	31	
<p>9:30am <b>BONE BUILDERS</b> (B) 12pm <b>LUNCH</b> (B) Hot Dogs, etc. 12:30pm <b>Pokeno &amp; Prizes</b></p>	<p>9:30am <b>BINGO BASH</b> /Friedman Court Concord. Van <u>leaves RP at 9am</u> 1pm <b>Tai Ji Quan</b></p>	<p>9am <b>Footsteps for Fitness</b> (G)</p> <p>Lunch Out at the <b>PURITAN BACKROOM</b> in Manchester. Van leaves Rolfe Park at 10:45am.</p>	<p>9am <b>Footsteps for Fitness</b> in the PCC Gym (G)  1pm <b>Tai Ji Quan</b></p>	<p>(G) PCC Gym (CR) Community Room (B) Boscawen Town Hall (R) Rolfe House  Red Hatters</p>

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THANK YOU TO GRAPPONE FOR THE PRINTING AND MAILING OF THESE NEWSLETTERS