

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Happy New Year Welcome 2023!</p> <p>Center Closed</p>	<p>3.</p> <p>10-11am - Sr. Nutrition Program 11:30 -Lunch 12:00 –Seaford Dollar Tree & PNC Bank</p>	<p>4</p> <p>Chair Exercise 9:30 Bible Study 10:00 Lunch 11:30 Members Meeting 12:30</p>	<p>5</p> <p>10:30 Guest Speaker: Peninsula Home Care: Lunch 12:00 Manicures (BYOB)</p>	<p>6</p> <p>Morning Exercise 9:30 Lunch 11:30 BV Food lion 12:00 Group Exercise</p>
<p>9</p> <p>Computer Lab 9:30 Lunch 11:30 Bingo 12:30</p> 	<p>10</p> <p>Walgreens 9:30 Lunch 12:00 Group Exercise 12:30 Sudoku Puzzles</p>	<p>11</p> <p>Bible Study 10:00 Lunch 12:00 12:30 Guest Speaker: Delaware Assistive Tech</p>	<p>12</p> <p>Current Events 9:30 Lunch 11:30 Goodwill 12:00 Group Exercise</p>	<p>13</p> <p>MLK Trivia & Facts 9:30 Lunch 11:30 Movie: (MLK) The Dream The Man, The Death 12:30</p>
<p>16</p> <p>CENTER CLOSED MARTIN LUTHER KING JR DAY</p>	<p>17</p> <p>Current Events 9:30 Lunch 12:00 Family Feud 12:30 Prayer Read</p>	<p>18</p> <p>Bible Study 10:00 Lunch 11:30 Seaford Roses 12:00</p>	<p>19</p> <p>Word Search 9:30 Laurel Cheer Here Lunch 12:00</p>	<p>20</p> <p>Harrington Bylers 9:30 Lunch 12:00 Karaoke 12:30</p>
<p>23</p> <p>Dance Exercise 9:30 Lunch 11:30 Big Lots 12:00</p>	<p>24</p> <p>This Day in History 9:30 Lunch :11:30 Movie Choice 12:30</p>	<p>25</p> <p>Bible Study 10:00 Lunch 12:00 Wii Bowling & Baseball</p>	<p>26</p> <p>AmeriHealth 10:30 Lunch 11:30 Walmart 12:00</p>	<p>27</p> <p>Walmart 9:30 Lunch 12:00 Group Trivia / Card Games 12:30</p>
<p>30</p> <p>Brown Bag Bingo 9:30 Lunch 12:00 Wii Bowling & Boxing 12:30 Board Games</p>	<p>31</p> <p>Exercise 9:30 Board Game Choice 10:30 Lunch 12:00 Karaoke 12:30</p>	<p>Days to Remember: National Prayer week 18th- 25th)</p>		