

Winter Haven Senior Adult Center
 250 S. Lake Silver Dr. NW
 Winter Haven, FL 33881
 863/291-5870



JANUARY 2023



Jackie Richardson, Recreation Supervisor
 Mike Williams, Building Service Worker

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Senior Adult Center will be closed in honor of New Year's Day</p> 	<p>9am-12noon Open Social 9:30 a.m. Wellness with Deanna \$1 resident  \$2 non-resident</p>	<p>9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 10:45 a.m. Bingo 1:30 p.m. Easy Tai Chi</p>	<p>9am-12noon Open Social 9:30 a.m. Exercise 1:30 p.m. Intermediate Line Dance \$4 resident \$5 non-resident</p>	<p>9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 12noon Quilting</p>
9	10	11	12	13
<p>9am-12noon Open Social 9:30 a.m. Exercise 10:45 a.m. Presentation Senior Games  12:30 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident</p>	<p>9am-12noon Open Social 9:30 a.m. Wellness with Deanna \$1 resident  \$2 non-resident</p>	<p>9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 10:45 a.m. Bingo 1:30 p.m. Easy Tai Chi</p>	<p>9am-12noon Open Social 9:30 a.m. Exercise 10 a.m. Presentation at Dr. Martin Luther King Jr Park  Seniors walk across to MLK Park 1:30 p.m. Intermediate Line Dance \$4 resident \$5 non-resident</p>	<p>9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 12noon Quilting</p>
16	17	18	19	20
<p>Senior Adult Center closed Martin Luther King Jr. Holiday</p> 	<p>9am-12noon Open Social 9:30 a.m. Wellness with Deanna \$1 resident  \$2 non-resident</p>	<p>9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 10:45 a.m. Bingo 1:30 p.m. Easy Tai Chi</p>	<p>9am-12noon Open Social 9:30 a.m. Exercise 1:30 p.m. Intermediate Line Dance \$4 resident \$5 non-resident</p>	<p>9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 12noon Quilting</p>

<p style="text-align: right;">23</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 12:30 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident</p>	<p style="text-align: right;">24</p> <p>9am-12noon Open Social 9:30 a.m. Wellness with Deanna \$1 resident  \$2 non-resident 10:30 a.m. Presentation  Rock Painting</p>	<p style="text-align: right;">25</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 10:45 a.m. Bingo 1:30 p.m. Easy Tai Chi</p>	<p style="text-align: right;">26</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 1:30 p.m. Intermediate Line Dance \$4 resident \$5 non-resident</p>	<p style="text-align: right;">27</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 12noon Quilting</p>
<p style="text-align: right;">30</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 12:30 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident</p>	<p style="text-align: right;">31</p> <p>9am-12noon Open Social 9:30 a.m. Wellness with Deanna \$1 resident  \$2 non-resident</p>	 		<p><u>DUE TO CORONAVIRUS HOURS OF OPERATION</u> Mon-Fri 9am – 12noon Open Social Time</p> <p>Only instructional Program open after 12noon</p>  <p>FACE MASK Encourage</p>

****All programs are subject to change without notice**