



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1  Happy New Year! Senior Center is closed.	2 7:00 GRC Water Walking 8:30 Acupuncture 9:00 Porcelain Art 9:00 FFP Volleyball Practice 9:00 Bridge Lessons 9:35 FFP Circuit Training 11:30 GRC Leisure/Beginner Pickleball 1:00 Pinochle 1:00 Bridge 1:00 Crafts/Needlework 1:30 Table Tennis 1:30 FFP Badminton	3 8:00 GRC Water Walking 8:00 GRC Basketball 8:00 Shape Up A 9:00 Chair or Table Massage 9:00 FFP Open Gym Volleyball 9:15 Shape Up B 9:30 Golden K Kiwanis 10:00 GRC Racquetball 10:30 GRC Pickleball 1:00 Bridge 1:00 Shuffleboard 1:00 Hand & Foot Cards 6:15 8-ball Round Robin 6:30 Pitch	4 7:00 GRC Water Walking 9:00 Knitting, Woodworking 9:00 Reflexology 9:00 Senior Car Lovers Unite 9:35 FFP Circuit Training 11:30 Nutrition Lunch 11:30 GRC Leisure/Beginner Pickleball 12:00 GRC Volleyball Games 12:30 Bridge Club, Bible Study 1:00 Be Well With Diabetes 1:00 Ceramics, Pinochle, Bridge, Cribbage 1:30 Table Tennis, FFP Badminton 6:00 Open Table Tennis 6:30 Pinochle	5 8:00 GRC Water Walking 8:00 GRC Basketball 8:00 Shape Up A 9:15 Shape Up B 10:00 GRC Racquetball 10:30 GRC Pickleball 11:30 Shareholder Lunch 1:00 Shuffleboard 1:00 Scrabble 1:00 Bingo 6:30 Rock & Mineral Society 7:00 Square Dance Lessons	6 7:00 GRC Water Walking 7:45 X-ski/Snowshoe Trip 9:00 GRC Division Volleyball 10:00 Bridge 10:30 GRC Open Gym Volleyball 11:30 GRC Pickleball Women's Day 1:00 Bridge 1:00 Wii Play 1:00 Women's Table Tennis 1:30 Table Tennis 4:30 GRC Leisure Pickleball 6:00 Open Table Tennis 7:00 Orchid Society Meeting	7 12:00 Billiards 12:00 Hand & Foot Cards 12:30 Bridge 1:00 GRC Pickleball
8 1:00 FFP Open Gym Volleyball	9 7:00 GRC Water Walking 8:00 Shape Up A 8:30 Acupuncture 9:00 Advanced Tai Chi 9:00 FFP Volleyball Practice 9:00 Bridge Lessons 9:00 Rocks to Gems Lapidary 9:15 Shape Up B 9:35 FFP Circuit Training 10:00 Beginner Tai Chi 11:30 Nutrition Lunch 11:30 GRC Leisure/Beginner Pickleball 1:00 FFP Bridge 1:00 Pinochle, Bridge 1:00 Crafts/Needlework 1:30 GRASP, Table Tennis 1:30 FFP Badminton	10 8:00 GRC Water Walking 8:00 GRC Basketball 8:00 Shape Up A 8:30 Foot Care 9:00 CBS News Channel 4 9:00 Chair or Table Massage 9:00 FFP Open Gym Volleyball 9:15 Shape Up B 10:00 GRC Racquetball 10:30 GRC Pickleball 1:00 Bridge 1:00 Shuffleboard 1:00 Hand & Foot Cards 1:30 Aspen Club Open House 6:15 8-ball Round Robin 6:30 Pitch	11 7:00 GRC Water Walking 8:00 AARP Driver Safety 9:00 Reflexology 9:00 8-ball Singles Tournament 9:00 Knitting, Woodworking 9:35 FFP Circuit Training 11:00 Italy Trip Presentation 11:30 Nutrition Lunch 11:30 GRC Leisure/Beginner Pickleball 12:00 GRC Volleyball Games 12:30 Bridge Club, Bible Study 1:00 Be Well With Diabetes 1:00 Ceramics, Pinochle, Bridge, Cribbage 1:30 Table Tennis, FFP Badminton 6:00 Open Table Tennis 7:00 Advanced Tai Chi Evenings 8:00 Beginner Tai Chi Evenings	12 8:00 GRC Water Walking 8:00 GRC Basketball 8:00 Shape Up A 9:00 IMAX & Museum 9:15 Shape Up B 10:00 Book Club 10:00 GRC Racquetball 10:30 GRC Pickleball 1:00 Shuffleboard 1:00 Scrabble 1:00 Bingo 1:30 Writing Your Life 7:00 Square Dance Lessons	13 7:00 GRC Water Walking 7:45 X-ski/Snowshoe Trip 9:00 GRC Division Volleyball 9:00 Explorations in Creativity 10:30 GRC Open Gym Volleyball 11:30 GRC Pickleball Women's Day 1:00 Wii Play 1:30 Table Tennis 4:30 GRC Leisure Pickleball 6:00 Open Table Tennis Tourney	14 12:00 Billiards 12:00 Hand & Foot Cards 12:30 Bridge 1:00 Computer Users 1:00 GRC Pickleball 7:00 Square Dance
15 1:00 FFP Open Gym Volleyball	16 7:00 GRC Water Walking 8:00 Shape Up A 8:30 Acupuncture 9:00 Advanced Tai Chi 9:00 FFP Volleyball Practice 9:00 Bridge Lessons 9:00 Rocks to Gems Lapidary 9:15 Shape Up B 9:35 FFP Circuit Training 10:00 Beginner Tai Chi 11:30 Nutrition Lunch 11:30 GRC Leisure Beginner Pickleball 1:00 Crafts/Needlework 1:00 Bridge, Pinochle 1:00 Women's Table Tennis 1:30 GRASP, Table Tennis 1:30 FFP Badminton	17 8:00 GRC Water Walking 8:00 GRC Basketball 8:00 Shape Up A 9:00 Advisory Meeting 9:00 Chair or Table Massage 9:00 FFP Open Gym Volleyball 9:15 Shape Up B 9:30 Golden K Kiwanis 10:00 GRC Racquetball 10:30 GRC Pickleball 1:00 Bridge 1:00 Shuffleboard 1:00 Hand & Foot Cards 6:15 8-ball Round Robin 6:30 Pitch	18 7:00 GRC Water Walking 8:30 Foot Care 9:00 Knitting 9:00 Woodworking 9:35 FFP Circuit Training 11:30 Nutrition Lunch 11:30 GRC Leisure/Beginner Pickleball 12:00 GRC Volleyball Games 12:30 Bridge Club, Bible Study 1:00 Ceramics, Pinochle 1:00 Bridge, Cribbage 1:30 Table Tennis, FFP Badminton 6:00 Open Table Tennis 6:30 Pinochle 7:00 Advanced Tai Chi Evenings 8:00 Beginner Tai Chi Evenings 7:00 Computer Users Special Interest	19 8:00 GRC Water Walking 8:00 GRC Basketball 8:00 Shape Up A 9:00 Medicare Counseling 9:00 Stock Show 9:15 Shape Up B 10:00 GRC Racquetball 10:30 GRC Pickleball 1:00 Shuffleboard 1:00 Scrabble 1:00 Bingo 1:30 Writing Your Life 7:00 Square Dance Lessons	20 7:00 GRC Water Walking 7:45 X-ski/Snowshoe Trip 9:00 GRC Division Volleyball 9:00 Explorations in Creativity 10:00 Bridge 10:30 GRC Open Gym Volleyball 11:30 GRC Pickleball Women's Day 1:00 Bridge 1:00 Wii Play 1:00 Women's Table Tennis 1:30 Table Tennis 4:30 GRC Leisure Pickleball 6:00 Open Table Tennis	21 12:00 Billiards 12:00 Hand & Foot Cards 12:00 Low Vision Support 12:30 Bridge 1:00 Computer Users 1:00 GRC Pickleball

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 1:00 FFP Open Gym Volleyball	23 7:00 GRC Water Walking 8:00 Shape Up A 8:30 Acupuncture 9:00 Advanced Tai Chi 9:00 FFP Volleyball Practice 9:00 Bridge Lessons 9:00 Rocks to Gems Lapidary 9:15 Shape Up B 9:35 FFP Circuit Training 10:00 Beginner Tai Chi 11:30 Nutrition Lunch 11:30 GRC Leisure/Beginner Pickleball 1:00 FFP Bridge 1:00 Pinochle 1:00 Bridge 1:00 Crafts/Needlework 1:00 Women's Table Tennis 1:30 GRASP, Table Tennis 1:30 FFP Badminton	24 8:00 GRC Water Walking 8:00 GRC Basketball 8:00 Shape Up A 8:30 Foot Care 9:00 Hammonds Candy 9:00 Chair or Table Massage 9:00 FFP Open Gym Volleyball 9:15 Shape Up B 10:00 GRC Racquetball 10:30 GRC Pickleball 1:00 Bridge 1:00 Shuffleboard 1:00 Hand & Foot Cards 6:15 8-ball Round Robin 6:30 Pitch	25 7:00 GRC Water Walking 8:30 Foot Care 9:00 Knitting 9:00 Woodworking 9:35 FFP Circuit Training 11:30 Nutrition Lunch 11:30 GRC Leisure/Beginner Pickleball 12:00 GRC Volleyball Games 12:00 Bridge Club 12:30 Bible Study 1:00 Ceramics, Cribbage 1:00 Pinochle 1:00 Bridge 1:00 Women's Table Tennis 1:30 Table Tennis 1:30 FFP Badminton 6:00 Open Table Tennis 7:00 Advanced Tai Chi Evenings 8:00 Beginner Tai Chi Evenings	26 8:00 GRC Water Walking 8:00 GRC Basketball 10:00 New Member Orientation 10:00 GRC Racquetball 10:30 GRC Pickleball 1:00 Shuffleboard 1:00 Scrabble 1:00 Bingo 1:30 Writing Your Life 5:00 Gabbie Gourmet 7:00 Square Dance Lessons	27 7:00 GRC Water Walking 7:45 X-ski/Snowshoe Trip 9:00 Sunshine Band 9:00 GRC Division Volleyball 9:00 Explorations in Creativity 10:30 GRC Open Gym Volleyball 1:00 Wii Play 5:00 Flo's Dinner	28 12:00 Billiards 12:00 Hand & Foot Cards 12:30 Bridge 7:00 Square Dance
29 1:00 FFP Open Gym Volleyball	30 7:00 GRC Water Walking 8:00 Shape Up A 8:30 Acupuncture 9:00 Advanced Tai Chi 9:00 FFP Volleyball Practice 9:00 Bridge Lessons 9:00 Rocks to Gems Lapidary 9:15 Shape Up B 9:35 FFP Circuit Training 10:00 Beginner Tai Chi 11:30 Nutrition Lunch 11:30 GRC Leisure/Beginner Pickleball 1:00 Pinochle, Bridge 1:00 Crafts/Needlework 1:30 GRASP, Table Tennis 1:30 FFP Badminton	31 8:00 GRC Water Walking 8:00 GRC Basketball 8:00 Shape Up A 8:30 Snow Sculptures 9:15 Shape Up B 9:00 Chair or Table Massage 9:00 FFP Open Gym Volleyball 10:00 GRC Racquetball 10:30 GRC Pickleball 1:00 Bridge 1:00 Shuffleboard 1:00 Hand & Foot Cards 6:15 8-ball Round Robin 6:30 Pitch	 <p> Greeley Senior Activity Center 1010 6th Street Greeley, CO 80631 970-350-9440 </p> <p> Find our newsletter & calendar online: www.greeleygov.com/Recreation/SeniorCenter.aspx </p>			FFP=Family FunPlex GRC=Greeley Recreation Center Schedule subject to change.

Nutrition Lunch Schedule:

- Monday, Jan. 2
- Wednesday, Jan. 4
- Monday, Jan. 9
- Wednesday, Jan. 11
- Monday, Jan. 16
- Wednesday, Jan. 18
- Monday, Jan. 23
- Wednesday, Jan. 25
- Monday, Jan. 30

Menu – Subject to Change

- Holiday Break – No Lunch Service
- Oven baked chicken, Spanish rice, broccoli & carrots, applesauce w/raisins, corn muffin
- Turkey a la King w/whole wheat biscuit, vegetable salad, mixed fruit, lemon-raspberry muffin
- Beef enchilada casserole, squash mix, mixed tropical fruit, cornbread
- Chicken soft taco w/lettuce, tomato & cheese, Spanish brown rice, pear half, salsa
- Tuna noodle casserole, black-eyed pea salad, banana half, orange gelatin w/mandarin oranges
- Pork loin w/brown gravy, baked potato w/sour cream, Brussels Sprouts, mixed fruit, dark rye bread
- Dilled salmon w/lemon, garlic whipped potatoes, parmesan tomatoes, cinnamon applesauce, bran-raisin muffin
- Beef tips over noodles, spinach w/malt vinegar, mixed fruit, whole wheat bread