

Mount Washington Healthy
Active Living Center
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January 2019

STAFF
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Bring on the NEW YEAR!</p>		1 CENTER CLOSED	2 Relax and Recover Day	3 Healthy Endeavors 9:15 Bingo 12:30 Big Jim's OPT 3:30	4 Learn to Crochet 12:30 Sesame Garden 3:30 Shiloh St	
 <p>THE BLOCK NORTHWAY</p>	7 The Block at Northway Mall OPT 12:30	8 Healthy Endeavors 9:15 Advisory Council 10:00 Walmart Robinson OPT 12:30	9 CASINO TRIP Game Day	10 Healthy Endeavors 9:15 Christian Health Group 9:30 Bingo 12:30 Mad Mex Robinson 3:30 OPT	11 Learn to Crochet 12:30 Calabria's 3:30 OPT	 <p>I ♥ italian food</p>
	14 Movies and Hot Chocolate at the Center 1:00	15 Healthy Endeavors 9:15 Carnegie Science Center 12:30 CITY VAN	16 Southland Shopping Center 12:30 OPT	17 Healthy Endeavors 9:15 Dan Deasy 10:45 Bingo 12:30 Gianna Via 3:30 OPT	18 Birthday Lunch 11:30 Learn to Crochet 12:30 Ice Cream Social 12:30	
 <p>I have a dream</p>	21 CENTER CLOSED MLK DAY	22 Healthy Endeavors 9:15 Settler's Ridge 12:30 OPT	23 Red, White & Blue Route 65 12:30 OPT	24 Healthy Endeavors 9:15 Bingo 12:30 The Huddle 3:30 OPT	25 Learn to Crochet 12:30 Sarafino's 3:30 OPT	
	28 Movies at the Waterfront 12:30 OPT	29 Healthy Endeavors 9:15 Aldi Southside 12:30 OPT	30 Golden Agers 12:30 Red Lobster Robinson 3:30 OPT	31 Healthy Endeavors 9:15 Sheriff Jason 10:45 Bingo 12:30 Pleasure Bar 3:30 OPT	DAILY PRO- GRAMS Cards Computers Puzzles Reading Material Television Lunchtime Exercis- es Wii Bowling Billiards Darts Exercise Equipment	OTHER PROGRAMS Arts and Crafts Health Speakers Cultural Events Casino Trips Holiday Parties Center Outings Shopping Trips Picnics Movies Museum Trips Other Speakers