



A non-profit 501c3 providing support, information, education, training and referral for Seniors and their Caregivers.

JANUARY 2025

All activities are open to seniors 55 & up

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 SRC Closed	31 New Year's Eve SRC Closed	1 New Years Day SRC Closed	2 SRC Closed	3 Walking Club 11:00 am	4
5	6 Chair Yoga - 9:30 am Core Centrics - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm L & L - Noon	7 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 SRC String Jam 11:00	8 Balance & Bones 9:15 am Balance & Bones 11:00 am Quilting 12:30 pm	9 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	10 Walking Club 11:00 am	11
12	13 Chair Yoga - 9:30 am Core Centrics - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	14 Chair Yoga - 9:30 am Qigong/Tai Chi 10:30 M & L - 12 Noon	15 Balance & Bones 9:15 am Balance & Bones 11:00 am	16 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	17 Walking Club 11:00 am	18
19	20 Chair Yoga - 9:30 am Core Centrics - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	21 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 SRC String Jam 11:00	22 Balance & Bones 9:15 am Balance & Bones 11:00 am Quilting 12:30 pm	23 Pilates 9:30 am Coffee Hour - 11:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	24 Walking Club 11:00 am	25
26	27 Chair Yoga - 9:30 am Core Centrics - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	28 Chair Yoga - 9:30 am Qigong/Tai Chi 10:30	29 Balance & Bones 9:15 am Balance & Bones 11:00 am	30 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	31 Technology Class with Mendham HS students TBA	1