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### **Palm Hill Wellness Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
S M T W T F S 1 2 3  4 5 6 7 8 9 10  11 12 13 14 15 16 17  18 19 20 21 22 23 24  25 26 27 28 29	11am: Social Shuffle (S) 6:30pm: Euchre (N) New Year's Day	9am-10am: Exercise Class (N) 10:15am: Flow Yoga (S)	8am: Intermediate Yoga (N) 9:15am-10:15am: Tai Chi 6:30pm-8:30pm: Men's Billiards (N)	9am: Palm Hill Players (N) 3:45pm: North Food Distribution (N) 7pm-10pm: Bingo (S)	9am-10am: Exercise Class (N) 9:30am: Ladies Golf Association League Play (N) 10am: Palm Hill Players (N) 1pm: Hand and Foot (N)	6 Epiphany
4pm-5pm: Sunday Worship (N)	8 8am: Beginner Yoga (S) 9:15am-10am: Chair Yoga (S) 10:30am-11:30am: Chair adapted Tai Chi 10:30am-12pm: Men's Golf Association (N) 11am: Social Shuffle (S) 11:15am-12pm: Line Dancing 5pm: Bike Club (N) 6:30pm: Euchre (N)	9 9am-10am: Exercise Class (N) 10:15am: Flow Yoga (S)	8am: Intermediate Yoga (N) 9:15am-10:15am: Tai Chi 3pm-4:30pm: Ukulele Club (S) 6:30pm-8:30pm: Men's Billiards (N)	9am: Palm Hill Players (N) 10am-12pm: Arts and crafts 12:30pm: Book Club (S) 7pm-10pm: Bingo (S)	TBD: Potluck Dinner / Not-So-Newlywed Game (S) 9am-10am: Exercise Class (N) 9:30am: Ladies Golf Association League Play (N) 10am: Palm Hill Players (N) 1pm: Hand and Foot (N) 1pm-3pm: Ladies Golf Association Meeting (N)	TBD: Corn Hole Tournament (S) 8am-9:30am: Pancake Breakfast (N) 10am: Corn Hole Tournament (S)
9am-9:45am: Sunday Morning Stretch yoga	8am: Beginner Yoga (S) 9:15am: Chair Yoga (S) 10:30am-11:30am: Chair adapted Tai Chi 11am: Social Shuffle (S) 5pm: Bike Club (N) 6:30pm: Euchre (N) Martin Luther King Jr.'s Birthday	9am-10am: Exercise Class (N) 10:15am: Flow Yoga (S)	TBD: Chili Cookoff (S) 8am: Intermediate Yoga (N) 9:15am-10:15am: Tai Chi 1pm: HOPH Yearly Share- holders Voters Meeting 6:30pm-8:30pm: Men's Billiards (N)	9am: Palm Hill Players (N) 10am-12pm: Arts and crafts 12pm: Book Club (S) 7pm-10pm: Bingo (S)	TBD: Obi-Time Karaoke & Dance Party with DJ Chuck Obi (N) 9am-10am: Exercise Class (N) 9:30am: Ladies Golf Association League Play (N) 10am: Palm Hill Players (N) 1pm: Hand and Foot (N)	TBD: New Resident Meet and Greet! (S) 1pm-3pm: Wellness Health Clinic (N)
9am-9:45am: Sunday Morning Stretch yoga	8am: Beginner Yoga (S) 9:15am: Chair Yoga (S) 10:30am-11:30am: Chair adapted Tai Chi 11am: Social Shuffle (S) 5pm: Bike Club (N) 6:30pm: Euchre (N)	9am-10am: Exercise Class (N) 10:15am: Flow Yoga (S)	8am: Intermediate Yoga (N) 9:15am-10:15am: Tai Chi 3pm-4:30pm: Ukulele Club (S) 6:30pm-8:30pm: Men's Billiards (N)	9am: Palm Hill Players (N) 10am-12pm: Arts and crafts 7pm-10pm: Bingo (S)	9am-10am: Exercise Class (N) 9:30am: Ladies Golf Association League Play (N) 10am: Palm Hill Players (N) 1pm: Hand and Foot (N)	TBD: Sadie Hawkins Tournament
9am-9:45am: Sunday Morning Stretch yoga	29 8am: Beginner Yoga (S) 9:15am: Chair Yoga (S) 10:30am-11:30am: Chair adapted Tai Chi 11am: Social Shuffle (S)	9am-10am: Exercise Class (N) 10:15am: Flow Yoga (S)	31 8am: Intermediate Yoga (N) 9:15am-10:15am: Tai Chi 6:30pm-8:30pm: Men's Billiards (N)			