



January Calendar



1/17/2022		MARTIN LUTHER KING DAY – SENIOR CENTER IS CLOSED
STANDING EVENTS		
Each Weekday	Noon	Washington County Nutrition Program
Mon – Friday	Daily	Board games and card games
Monday	9:00 am	Silver Sneakers Classic by Dale LaPoint
1 st Mon ea mo.	10:30 am	Shopping
Mon. & Wed	9:30 am	Bingo
Tues. & Thurs.	9:00 am	OsteoBusters by Marcia McCormack
Tuesday	10:30 am	Ukulele Club/Orchestra - Lessons by Max McDonnell
Second Tuesday	11:30 am	“Stay Healthy With Snap” -nutrition outreach program with Kerry Huyben, NOEP Coordinator/Paralegal.
Third Tuesday	11:30 am	Nutrition program at the senior center with Kristin Stewart (Nutrition Geek)
Wednesday	9:00 am	Silver Sneakers Chair Yoga by Dale LaPoint
Thursday	10-11:30	Knitting with Sharon Karwoski
1 st & 3 rd Fri	10:30 am	Crafting Hour with Sue Donovan
Friday	9:00 am	Silver Sneakers Circuit by Dale LaPoint
Friday	10:15 am	Pool League (See Helen or Nancy for more info)

SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.

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