

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>LOCATION KEY</b> BR2 - Bryant Ridge 2nd Floor Activity Room BR2 DR - Bryant Ridge 2nd Floor Dining Room BR3 CKA - Bryant Ridge 3rd Floor Country Kitchen A	BR3 CKB - Bryant Ridge 3rd Floor Country Kitchen B C - Community Room Cons - Conservatory FL - Front Lobby FLP - Front Lobby Parlor G - Garden Room	GG AR - Gorham Glen Activity Room L - Library PD - Private Dining Room Q - Quiet Room S - Studio WR - Wellness Room	New Year's Day 9:00 CANCELLED Chair Exercises (WR) 9:30 (Canceled) Woodworking (S) 10:00 Guitar Concert (GG AR) 10:00 Women's Coffee (Cons) 11:30 CANCELLED Fit Circuit - \$\$ (WR) 3:00 CANCELLED Balance Class- \$\$ (WR) 3:30 UNO (Q)	<b>1</b> 9:00 Men's Coffee (G) 9:30 Open Studio (S) 10:00 New Years Goals (BR2) 1:00 Chair Yoga-- \$\$ (WR) 1:00 Beading (S) 2:00 Lets get physical with Cardio Drumming -- \$\$ (WR) 2:00 Library Angel (L) 4:00 Happy Hour - Segoe Heights and Prairie Point (C)	<b>2</b> 9:00 Chair Exercises (WR) 10:00 Alaskan Tour (BR2) 10:30 Tech at Home Education Session (C) 11:30 Fit Circuit - \$\$ (WR) 1:00 (Canceled) Art Social (S) 3:00 Balance Class- \$\$ (WR) 3:30 Monthly Birthday Party - Segoe Heights (C)	<b>3</b> 2:30 Paper Angels (S)
<b>2:30 Winter Watercolor (S)</b> <b>5</b>	9:00 Chair Exercises (WR) 9:30 (Canceled) Open Studio (S) <b>6</b> 10:00 Coffee & Treats (G) 10:30 Continuing Education Speaker (C) 11:30 Fit Circuit - \$\$ (WR) 1:00 Knit and Stitch (S) 1:00 Mah Jongg (Q) 3:00 Balance Class- \$\$ (WR) 3:30 Wheel of Fortune (BR2)	9:30 Weaving (S) <b>7</b> 10:00 Crossword (BR2) 10:30 Low Vision Reading Group (Q) 1:00 Chair Yoga-- \$\$ (WR) 1:00 Card Making (S) 2:00 Lets get physical with Cardio Drumming -- \$\$ (WR) 2:00 Walgreens/Grocery Outing (FL) 2:30 Jazz of the 1930's (C)	9:00 Chair Exercises (WR) <b>8</b> 9:00 Chess Group (Q) 9:30 Woodworking (S) 10:00 Women's Coffee (Cons) 10:30 Wednesday Worship (C) 11:30 Fit Circuit - \$\$ (WR) 1:00 Painting (S) 3:00 Balance Class- \$\$ (WR) 3:00 Grief and Loss Group Conversation (Q) 3:30 Learn about the Stars (BR2)	9:00 Men's Coffee (G) <b>9</b> 9:30 Open Studio (S) 10:00 The Bowls of Football (BR2) 10:30 Sharing Books (C) 1:00 Chair Yoga-- \$\$ (WR) 1:00 Button Art (S) 2:00 Lets get physical with Cardio Drumming -- \$\$ (WR) 2:00 Library Angel (L) 4:00 Happy Hour - Segoe Heights and Prairie Point (C)	9:00 Chair Exercises (WR) <b>10</b> 10:00 Advice Column (BR2) 10:00 Catholic Mass (C) 10:30 Tech at Home Drop-In \$\$ (L) 11:30 Fit Circuit - \$\$ (WR) 1:00 Care-Partner Support Group (Q) 1:00 Art Social (S) 3:00 Balance Class- \$\$ (WR) 3:30 Ten Strings (C)	<b>11</b> 3:30 Dogs and Pets Discussion, Reflection, Trivia and Much More (Q)
<b>3:30 Hot Tea Tasting Social and Trivia (C)</b> <b>12</b>	9:00 Chair Exercises (WR) <b>13</b> 9:30 Open Studio (S) 10:00 Coffee & Treats (G) 10:30 Continuing Education Speaker (C) 11:30 Fit Circuit - \$\$ (WR) 1:00 Knit and Stitch (S) 1:00 Mah Jongg (Cons) 3:00 Balance Class- \$\$ (WR) 3:30 Kings in the Corner (BR3 CKB)	9:30 Weaving (S) <b>14</b> 10:00 Crossword (BR2) 10:30 Low Vision Reading Group (Q) 1:00 Chair Yoga-- \$\$ (WR) 1:00 Felt Trees (S) 1:30 Literary Group (Formerly Writer's Group) (Q) 2:00 Lets get physical with Cardio Drumming -- \$\$ (WR) 2:00 Walgreens/Grocery Outing (FL) 3:00 UW Women's Basketball Team Social (C)	9:00 Chair Exercises (WR) <b>15</b> 9:30 Woodworking (S) 10:00 Women's Coffee (Cons) 10:30 Wednesday Worship (C) 11:30 Fit Circuit - \$\$ (WR) 1:00 Movie Committee Meeting (PD) 1:30 Conversation with Megan (Q) 2:00 Movie: Hello Dolly! (BR2) 3:00 Balance Class- \$\$ (WR)	9:00 Men's Coffee (G) <b>16</b> 9:30 Open Studio (S) 11:00 Second Chance Shop Drop Off (FLP) 1:00 Chair Yoga-- \$\$ (WR) 1:00 Fused Glass (S) 2:00 Lets get physical with Cardio Drumming -- \$\$ (WR) 2:00 Library Angel (L) 2:00 Master Site Presentation (C) 4:00 Happy Hour - Segoe Heights and Prairie Point (C)	9:00 Chair Exercises (WR) <b>17</b> 10:00 Wintertime Reminiscing (BR2) 10:30 Tech at Home Drop-In \$\$ (L) 11:30 Fit Circuit - \$\$ (WR) 12:15 Friday Unitarian Musicales (Outing - First Unitarian Society) 1:00 Art Social (S) 3:00 Balance Class- \$\$ (WR) 3:30 Culture Connect: Tibetan Music (C) 6:30 SH/PP Movie Night (C)	<b>18</b> 3:30 Asian Beer Tasting (C)
<b>3:30 Cookies Coffee and Conversation (Q)</b> <b>19</b>	Martin Luther King Jr. Day 9:00 Chair Exercises (WR) <b>20</b> 9:30 Open Studio (S) 10:00 Coffee & Treats (G) 10:30 Continuing Education Speaker (C) 11:30 Fit Circuit - \$\$ (WR) 1:00 Knit and Stitch (S) 1:00 Mah Jongg (Q) 3:00 Balance Class- \$\$ (WR) 3:30 MLK Jr: the man and the dream (BR2)	9:30 Weaving (S) <b>21</b> 10:00 Crossword (BR2) 10:30 Low Vision Reading Group (Q) 1:00 Chair Yoga-- \$\$ (WR) 2:00 Lets get physical with Cardio Drumming -- \$\$ (WR) 2:00 Walgreens/Grocery Outing (FL) 3:00 Art Exhibit (C)	9:00 Chair Exercises (WR) <b>22</b> 9:00 Chess Group (Q) 9:30 Woodworking (S) 10:00 Women's Coffee (Cons) 10:30 Wednesday Worship (C) 11:30 Fit Circuit - \$\$ (WR) 1:00 Drawing (S) 1:30 Segoe Heights Neighborhood Gathering (C) 2:30 Dessert Social (BR2 DR) 3:00 Balance Class- \$\$ (WR) 6:30 Studio Orchestra (C)	9:00 Men's Coffee (G) <b>23</b> 9:30 Open Studio (S) 10:00 Visiting Australia (BR2) 10:30 Sharing Books (C) 1:00 Chair Yoga-- \$\$ (WR) 1:00 Paper Poinsettias (S) 1:30 AAP Book Club (Q) 2:00 Lets get physical with Cardio Drumming -- \$\$ (WR) 2:00 Library Angel (L) 4:00 Happy Hour - Segoe Heights and Prairie Point (C)	9:00 Chair Exercises (WR) <b>24</b> 10:00 Catholic Communion (C) 10:00 Name that Tune (BR2) 10:30 Tech at Home Drop-In \$\$ (L) 11:30 Fit Circuit - \$\$ (WR) 1:00 Care-Partner Support Group (Q) 1:00 Art Social (S) 3:00 Balance Class- \$\$ (WR) 3:30 Bingo (BR2)	<b>25</b>
<b>26</b>	9:00 Chair Exercises (WR) <b>27</b> 9:30 Open Studio (S) 10:00 Coffee & Treats (G) 10:30 Continuing Education Speaker (C) 11:30 Fit Circuit - \$\$ (WR) 1:00 Knit and Stitch (S) 1:00 Mah Jongg (Q) 3:00 Balance Class- \$\$ (WR) 3:30 Retro Swing Band (C)	9:30 Weaving (S) <b>28</b> 10:00 Crossword (BR2) 10:30 Low Vision Reading Group (Q) 1:00 Chair Yoga-- \$\$ (WR) 1:00 Pet Snuffle Mats (S) 1:30 Literary Group (Formerly Writer's Group) (Q) 2:00 Lets get physical with Cardio Drumming -- \$\$ (WR) 2:00 Walgreens/Grocery Outing (FL) 3:00 Harpsicord (C)	Chinese New Year <b>29</b> 9:00 Chair Exercises (WR) 9:30 Woodworking (S) 10:00 Women's Coffee (Cons) 10:30 Wednesday Worship (C) 11:30 Fit Circuit - \$\$ (WR) 1:00 Painting (S) 3:00 Balance Class- \$\$ (WR)	9:00 Men's Coffee (G) <b>30</b> 9:30 Open Studio (S) 10:00 Holocaust Remembrance (BR2) 11:00 Mindful Meditation (Q) 1:00 Chair Yoga-- \$\$ (WR) 1:00 Studio Sale (S) 2:00 Lets get physical with Cardio Drumming -- \$\$ (WR) 2:00 Library Angel (L) 4:00 Happy Hour - Segoe Heights and Prairie Point (C)	9:00 Chair Exercises (WR) <b>31</b> 10:00 Pictionary (BR2) 10:00 Tech at Home Drop-In \$\$ (L) 11:00 Bible Study (Q) 11:30 Fit Circuit - \$\$ (WR) 1:00 Art Social (S) 3:00 Balance Class- \$\$ (WR) 3:00 Baking Lesson (BR3 CKA)	

# January 2025

Segoe Heights