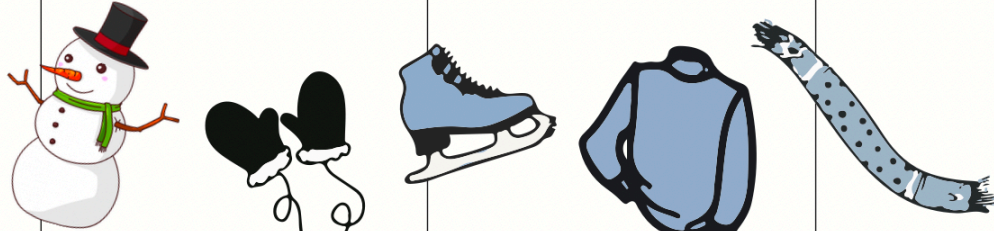


JANUARY '23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <i>Happy New Year!</i>	3 Walking Patrica A Duran Gym 6:15am-7:15am Free	4	5 Gentle Yoga, 11:30am Card Games, 12:30pm Boulrier Place	6
9 Bowling Family Fun Lanes 12:30pm \$3.00 per game Shoes are free	10 Walking Patrica A Duran Gym 6:15am-7:15am Free	11	12 Gentle Yoga, 11:30am Card Games, 12:30pm Boulrier Place Coffee, tea & light snack provided, free	13
16 Bowling Family Fun Lanes 12:30pm \$3.00 per game Shoes are free	17 Snowman Craft, free 12pm @ Boulrier Place Cards & snack to follow	18	19 Gentle Yoga, 11:30am Card Games, 12:30pm Boulrier Place Coffee, tea & light snack provided, free	20
23 Bowling Family Fun Lanes 12:30pm \$3.00 per game Shoes are free	24 Walking Patrica A Duran Gym 6:15am-7:15am Free	25	26 Gentle Yoga, 11:30am <i>Seniors Lunch @ Boulrier Place 12:30pm RSVP by 1/24</i>	27
30 Bowling Family Fun Lanes 12:30pm \$3.00 per game Shoes are free	31 Walking Patrica A Duran Gym 6:15am-7:15am Free			



Interested in joining the Hermon Rec Seniors? We'd love to have you! Please RSVP so we can plan accordingly. Contact Lindsey at 207-848-4064 to sign up for activities or for additional information.