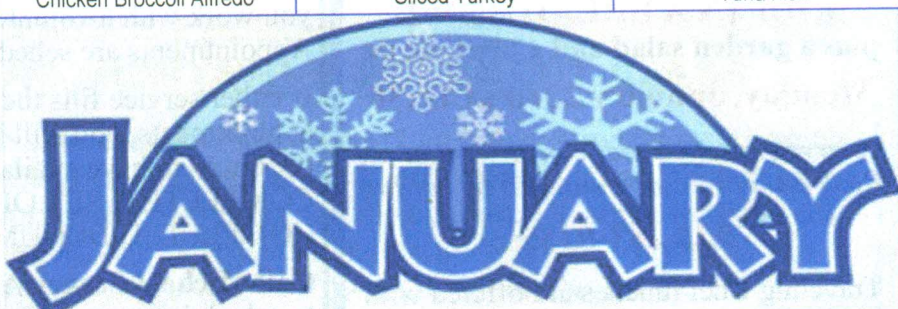


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Senior Center CLOSED</p> <p>HAPPY NEW YEAR!</p>	<p>3</p> <p>9:00 COA Meets 9:00 SHINE 10:00 Art Program 10:00 Knit & Crochet 10:00 Duplicate Bridge 11:30 SeniorCare Lunch 12:30 Scrabble 1:00 Cribbage Tournament</p> <p>Pork Ribeye</p>	<p>4</p> <p>9:15 Line Dancing 9:30 SHINE 9:30 State Sen Tarr Constituent Service 10:00 VNA North Shore 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise</p> <p>Steak Fajita</p>	<p>5</p> <p>9:30 SHINE 9:30 Corn Hole Game 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 12:30 Legal Consultations 1:30 Chess Club</p> <p>Chicken Marsala</p>	<p>6</p> <p>10:00 Arthritis Exercise 11:30 Rosie's Picnic Lunch 12:30 Bingo 2:00 SHINE</p> <p>Turkey/Sweet Potato</p>
<p>9</p> <p>9:30 Gentle Yoga 10:00 Art Program 11:00 Bridge Lessons 11:00 SHINE 11:30 SeniorCare Lunch 1:00 Ole Salty Jazz Band</p> <p>Stuffed Chicken</p>	<p>10</p> <p>9:00 SHINE 10:00 Art Program 10:00 Knit & Crochet 10:00 Duplicate Bridge 11:30 SeniorCare Lunch 12:30 Scrabble 1:00 Cribbage Tournament</p> <p>Stuffed Shells</p>	<p>11</p> <p>8:00 Friends COA Meet 9:15 Line Dancing 9:30 SHINE 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise</p> <p>Fish Sandwich</p>	<p>12</p> <p>9:30 SHIN 9:30 Corn Hole Game 10:00 Art Program 10:00 Memoir Writing Group 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club</p> <p>Lentil Stew</p>	<p>13</p> <p>10:00 Arthritis Exercise 11:30 Rosie's Picnic Lunch 12:30 Bingo 2:00 SHINE</p> <p>Meatloaf</p>
<p>16</p> <p>MARTIN LUTHER KING JR. DAY</p> <p>Senior Center Closed</p>	<p>17</p> <p>9:00 SHINE 10:00 Art Program 10:00 Knit & Crochet 10:00 Duplicate Bridge 11:30 SeniorCare Lunch 12:30 Scrabble 1:00 Cribbage Tournament</p> <p>Breaded Chicken</p>	<p>18</p> <p>9:15 Line Dancing 9:30 SHINE 10:00 VNA North Shore 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise</p> <p>Yankee Pot Roast</p>	<p>19</p> <p>9:00 Financial Consultations 9:30 SHINE 9:30 Corn Hole Game 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club</p> <p>Chicken Dumplings</p>	<p>20</p> <p>10:00 Arthritis Exercise 11:30 Rosie's Picnic Lunch 12:30 Bingo 2:00 SHINE</p> <p>Ravioli</p>
<p>23</p> <p>9:30 Gentle Yoga 10:00 Art Program 11:00 Bridge Lessons 11:00 SHINE 11:30 SeniorCare Lunch 1:00 Ole Salty Jazz Band</p> <p>Broccoli Cheese Frittata</p>	<p>24</p> <p>9:00 SHINE 10:00 Art Program 10:00 Knit & Crochet 10:00 Duplicate Bridge 11:30 SeniorCare Lunch 12:30 Scrabble 1:00 Cribbage Tournament</p> <p>Hot Dog</p>	<p>25</p> <p>9:15 Line Dancing 9:30 SHINE 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise</p> <p>Chicken Broccoli Alfredo</p>	<p>26</p> <p>9:30 SHINE 9:30 Corn Hole Game 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club</p> <p>Sliced Turkey</p>	<p>27</p> <p>10:00 Arthritis Exercise 10:15 Mobile Market 11:30 Rosie's Picnic Lunch 12:30 Bingo 2:00 SHINE</p> <p>Tuna Fish</p>
<p>30</p> <p>9:30 Gentle Yoga 10:00 Art Program 11:00 Bridge Lessons 11:00 SHINE 11:30 SeniorCare Lunch 1:00 Ole Salty Jazz Band</p> <p>Meatball Sub</p>	<p>31</p> <p>9:00 SHINE 10:00 Art Program 10:00 Knit & Crochet 10:00 Duplicate Bridge 11:30 SeniorCare Lunch 12:30 Scrabble 1:00 Cribbage Tournament</p> <p>Breaded Chicken Bites</p>			

Cape Ann Virtual Senior Center
CHECK OUT LOCAL CABLE CHANNEL 67 FOR SPECIAL
PROGRAMMING INTENDED JUST FOR YOU,
including UNLEASH THE POWER OF AGE
airing on channel 67 at 10:00 a.m. daily
UNLEASH THE POWER OF AGE also airs on channel 12 on
Fridays at 9:30 a.m.