



McHenry Township Senior Center Activities January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Programs marked with * require advanced registration There is a fee for any program marked with \$ (no refunds for cancellations) Programs marked TWP are held at McHenry Township Hall</p>	<p>1</p>  <p>SENIOR CENTER CLOSED</p>	<p>2</p> <p>8:00 Fitness Training \$ 9:00 Guys-n-Gals Exercise\$ 9:45 Coffee Klatsch 10:00 Crystal Pines* 10:00 Blood Pressure Checks 11:30 CC Lunch 12:30 Bingo \$</p>	<p>3</p> <p>9:00 Crafters Club 9:00 Tai Chi with Allison- TWP\$ 11:30 CC Lunch 1:00 Chair Yoga\$</p>	<p>4</p> <p>8:00 Fitness Training \$ 9:00 Guys-n-Gals Exercise \$ 9:00 Mens Pool Club 9:45 Coffee Klatsch 11:30 CC Lunch 12:00 Movie Matinee- <i>Spotlight</i> 1:00 Line Dancing \$- TWP</p>
<p>7</p> <p>8:00 Zumba \$ 9:00 Guys-n-Gals Exercise \$ 9:45 Coffee Klatsch 10:00 Monday Games 10:00 Tablet/IPAD * 11:30 CC Lunch</p>	<p>8</p> <p>9:00 Mah Jong 9:30 Bean Bag Toss 10:00 Dominoes 11:30 CC Lunch 12:30 Pinochle & Bridge Clubs 12:30 Hand and Foot</p>	<p>9</p> <p>8:00 Fitness Training \$ 9:00 Guys-n-Gals Exercise\$ 9:45 Coffee Klatsch 10:00 "Special Tea" Presentation* 10:00 Tablet/IPAD * 11:30 CC Lunch 12:30 Bingo \$</p>	<p>10</p> <p>9:00 Crafters Club 9:00 Tai Chi with Allison- TWP\$ No CC Lunch No Chair Yoga <i>11:30 New Years Gala! * \$</i></p>	<p>11</p> <p>8:00 Fitness Training \$ 9:00 Guys-n-Gals Exercise \$ 9:00 Mens Pool Club 9:45 Coffee Klatsch 11:30 CC Lunch 1:00 Line Dancing \$ - TWP</p>
<p>14</p> <p>8:00 Zumba \$ 9:00 Guys-n-Gals Exercise \$ 9:45 Coffee Klatsch 10:00 Attorney * 10:00 Tablet/IPAD * 11:30 CC Lunch</p>	<p>15</p> <p>9:00 Mah Jong 9:30 Bean Bag Toss 10:00 Dominoes 11:30 CC Lunch 12:30 Pinochle & Bridge Clubs 12:30 Hand and Foot</p>	<p>16</p> <p>8:00 Fitness Training \$ 9:00 Guys-n-Gals Exercise \$ 9:45 Coffee Klatsch 10:00 Dry Hand/Lip Treatments* 10:00 Tablet/IPAD* 11:30 CC Lunch 12:30 Bingo \$</p>	<p>17</p> <p>9:00 Crafters Club 9:00 Tai Chi with Allison TWP\$ 11:30 CC Lunch 12:00 Special Pinochle 1:00 Chair Yoga\$</p>	<p>18</p> <p>8:00 Fitness Training \$ 9:00 Guys-n-Gals Exercise \$ 9:00 Mens Pool Club 9:45 Coffee Klatsch 11:30 CC Lunch 12:00 Movie Matinee- <i>The Greatest Showman</i> 1:00 Line Dancing \$ - TWP</p>
<p>21</p>  <p>Senior Center CLOSED in observance of Martin Luther King Day No Township bus service.</p>	<p>22</p> <p>9:00 Mah Jong 9:30 Bean Bag Toss 10:00 Dominoes 10:00 Beginners Computer * 11:30 CC Lunch 12:30 Pinochle & Bridge Clubs 12:30 Hand and Foot <i>Newsletter Mailing</i></p>	<p>23</p> <p>8:00 Fitness Training \$ 9:00 Guys N Gals Exercise \$ 9:45 Coffee Klatsch 10:00 Healthy Eating w/Chef Ray* 11:30 CC Lunch 12:30 Bingo \$</p>	<p>24</p> <p>9:00 Crafters Club 9:00 Tai Chi with Allison TWP\$ 10:00 Beginners Computer * 11:30 CC Lunch 1:00 Chair Yoga\$</p>	<p>25</p> <p>8:00 Fitness Training \$ 9:00 Guys-n-Gals Exercise \$ 9:00 Mens Pool Club 9:45 Coffee Klatsch 10:00 Memory Café * 11:30 CC Lunch 1:00 Line Dancing \$ - TWP</p>
<p>28</p> <p>8:00 Zumba \$ 9:00 Guys-n-Gals Exercise \$ 9:45 Coffee Klatsch 10:00 Monday Games 11:30 CC Lunch</p>	<p>29</p> <p>9:00 Mah Jong 9:30 Bean Bag Toss 10:00 Dominoes 10:00 Beginners Computer * 11:30 CC Lunch 12:30 Pinochle & Bridge Clubs 12:30 Hand and Foot</p>	<p>30</p> <p>8:00 Fitness Training \$ 9:00 Guys N Gals Exercise \$ 9:45 Coffee Klatsch 10:00 Using The Right Words* 11:30 CC Lunch 12:30 Bingo \$</p>	<p>31</p> <p>9:00 Crafters Club 9:00 Tai Chi with Allison TWP\$ 10:00 Beginners Computer * 11:30 CC Lunch 1:00 Chair Yoga\$</p>	<p>For more information on any activities, please contact Jane, Activity Director at 815-344-3555 SCHEDULE SUBJECT TO CHANGE Please call for most current information</p>