







January 2023 Activities EXCELSIOR SPRINGS SENIOR CENTER 630-5955

MON	TUE	WED	THU	FRI
<p>2</p> <p>CLOSED</p> 	<p>3</p> <p>Cardio Drums! 7:15-7:45 (GroupEx Room)</p> <p>Wii Bowling 9-11am </p>	<p>4</p> <p>Zumba Silver 7:15-7:45 (GroupEx Room)</p> <p>CRAFT CLUB 9-11am</p>	<p>5</p> <p>Gentle Yoga 7:15-7:45 (GroupEx Room)</p> <p>COUNTRY MUSIC MAKERS 9:00-10:30am 🎵</p>	<p>6 RED FRIDAY!</p> <p>Silver Strong 7:15-7:45 (GroupEx Room)</p> <p>BINGO! 10-11am</p> <p>Smart Nutrition Tips For The New Year Presented by Maura of ES Hospital 11:35am</p>
<p>9</p> <p>Silver Strong 7:15-7:45 (GroupEx Room)</p> <p>COLORING Like A Kid Again 9:00-11:30am</p>	<p>10</p> <p>Cardio Drums! 7:15-7:45 (GroupEx Room)</p> <p>Wii Bowling 9-11am </p>	<p>11</p> <p>Zumba Silver 7:15-7:45 (GroupEx Room)</p> <p>CRAFT CLUB 9-11am</p> <p>Program Overview: Looking Back, Looking Forward Presented by ES Hospital, Tina Cook 11:35am</p>	<p>12</p> <p>Gentle Yoga 7:15-7:45 (GroupEx Room)</p> <p>COUNTRY MUSIC MAKERS 9:00-10:30am 🎵</p>	<p>13</p> <p>Silver Strong 7:15-7:45 (GroupEx Room)</p> <p>BINGO! 10-11am</p>
<p>16</p> <p>CLOSED</p> 	<p>17</p> <p>Cardio Drums! 7:15-7:45 (GroupEx Room)</p> <p>Wii Bowling 9-11am </p> <p>Senior Resources: Presented by Laura Mize of Neighborhoods 11:35am</p>	<p>18</p> <p>Zumba Silver 7:15-7:45 (GroupEx Room)</p> <p>CRAFT CLUB 9-11am</p>	<p>19</p> <p>Gentle Yoga 7:15-7:45 (GroupEx Room)</p> <p>COUNTRY MUSIC MAKERS 9:00-10:30am 🎵</p>	<p>20</p> <p>Silver Strong 7:15-7:45 (GroupEx Room)</p> <p>BINGO! 10-11am</p>
<p>23</p> <p>Silver Strong 7:15-7:45 (GroupEx Room)</p> <p>COLORING Like A Kid Again 9:00-11:30am</p>	<p>24</p> <p>Cardio Drums! 7:15-7:45 (GroupEx Room)</p> <p>Wii Bowling 9-11am </p>	<p>25</p> <p>Zumba Silver 7:15-7:45 (GroupEx Room)</p> <p>CRAFT CLUB 9-11am</p> <p>Express Clinic Who We Are And What We Do 11:35am</p>	<p>26</p> <p>Gentle Yoga 7:15-7:45 (GroupEx Room)</p> <p>COUNTRY MUSIC MAKERS 9:00-10:30am 🎵</p>	<p>27</p> <p>Silver Strong 7:15-7:45 (GroupEx Room)</p> <p>BINGO! 10-11am</p> <p>Birthday Celebration!</p>
<p>30</p> <p>Silver Strong 7:15-7:45 (GroupEx Room)</p> <p>BOARD GAME Soirée 9-11:30am</p>	<p>31</p> <p>Cardio Drums! 7:15-7:45 (GroupEx Room)</p> <p>White Elephant B-I-N-G-O! 10-11am</p> <p>Bring a prize to put into the Community Chest!</p>	<p>CRAFT CLUB Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects. Learn to crochet, too!</p>	<p>COUNTRY MUSIC MAKERS Live Bluegrass band! 🎵</p> <p>BINGO! Treats, Pantry Items and a BLACKOUT Bucket</p> <p>BOARD GAME Soirée Board Games with Friends</p>	<p>White Elephant B-I-N-G-O! Bring a FUN trinket or USEFUL prize to put into the Community Bingo Chest. Bring a prize, win a prize and play BINGO!</p>