

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|----------------------------------|
| | | | 1 10:30-12 MILL Art Sampler 12-1 Tech Support with MPL 4:15-5:15 MILL Resistance Training | 2 11-12:30 Stoop Time |
| 5 1-2 Qi Gong 4:15-5:30 MILL Chorus | 6 9-10:30 Knitting Circle 1-3:30 AARP Healthy Self | 7 No scheduled activities. Feel free to drop in. | 8 10:30-12 MILL Art Sampler 12-1 Tech Support with MPL 4:15-5:15 MILL Resistance Training | 9 11-12:30 Stoop Time |
| 12 1-2 Qi Gong | 13 9-10:30 Knitting Circle 1-3:30 AARP Healthy Self | 14 No scheduled activities. Want to start a club? Let us know! | 15 10:30-12 MILL Art Sampler 12:15-1:30 Lunch Learn Ask 1:30-2:30 Tech Support with MPL 4:15-5:15 MILL Resistance Training | 16 11-12:30 Stoop Time |
| 19 1-3 Movie: <i>Love the Coopers</i> | 20 9-10:30 Knitting Circle 1-3:30 AARP Healthy Self | 21 12-3 Pinochle Club | 22 12-1 Tech Support with MPL 1-3 Weaving Class | 23 11-12:30 Stoop Time |
| 26 Closed | 27 Closed | 28 Closed | 29 Closed | 30 Closed |

JANUARY 2017

Senior Activities at Edgemont Park House

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|----------------------------------|
| 2 Closed | 3 9-10:30 Knitting Circle 1-3:30 AARP Healthy Self | 4 No scheduled activities. Enjoy a complimentary cup of coffee. | 5 12-1 Tech Support with MPL 1-3 Fabric Collage Class | 6 11-12:30 Stoop Time |
| 9 1-2 Qi Gong | 10 9-10:30 Knitting Circle 1-3:30 AARP Healthy Self | 11 No scheduled activities. | 12 No scheduled activities. | 13 11-12:30 Stoop Time |
| 16 Closed | 17 9-10:30 Knitting Circle 1-3:30 AARP Healthy Self | 18 12-3 Pinochle Club | 19 12:15-1:30 Lunch Learn Ask 1:30-2:30 Tech Support with MPL | 20 11-12:30 Stoop Time |
| 23 10-11:15 MILL Yoga for Healthy Aging 1-3 Movie: <i>Lady in the Van</i> | 24 9-10:30 Knitting Circle 1-3:30 AARP Healthy Self | 25 No scheduled activities. | 26 10:30-12 MILL Art Class 12-1 Tech Support with MPL 4:15-5:15 MILL Resistance Training | 27 11-12:30 Stoop Time |
| 30 10-11:15 MILL Yoga for Healthy Aging | 31 9-10:30 Knitting Circle 1-3:30 AARP Healthy Self | | | |

Calendar is subject to change. Call Edgemont Park House at 973-744-3278 with any questions.