

# LEROY ROGERS SENIOR CENTER

## JANUARY 2019

SHUTTLE EVERY  
WEDNESDAY & FRIDAY

Remember to turn portable heaters off when leaving the room or going to bed.

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
	<b>HAPPY BIRTHDAY</b> Ann Fletcher - 10th Marvolene Brinson - 26th Lydia Nichols - 28th Annie Jackson - 31 <sup>st</sup>	1 <b>CENTER CLOSED</b> 	2 <b>NO CHAIR YOGA</b> 10am *Bible Study	3 <b>NO EXERCISE</b> 10am *New Year's Resolutions	4 10am *Walking the Pounds Away	5
6	7 9am *Exercise 10:15 *Chair Yoga 1pm Bridge	8 9am *Exercise 10am Trivia Fun (Pruitt Health)  3pm 20 <sup>th</sup> Century Club	9 10am *Bible Study 10:15 *Chair Yoga  1pm Bridge	10 9am *Exercise 10am *Music 10pm Foster Grandparents 4pm Alzheimer's Group	11 10am JINGO w/Tasha	12
13	14 9am *Exercise 10:15 *Chair Yoga 1pm Bridge	15 9am *Exercise 10am *Singing Samaritans	16 10am *Bible Study 10:15 *Chair Yoga  1pm Bridge	17 9am *Exercise 10am *Chair Exercises	18 10am Winter Bingo/Rescare 7pm Self Dance	19
20	21 <b>CENTER CLOSED</b> 	22 9am *Exercise  10am Crafts w/Kim	23 10am *Bible Study 10:15 *Chair Yoga  1pm Bridge	24 9am *Exercise 10am *Music	25 10am BB Auction	26
27	28 9am *Exercise 10:15 *Chair Yoga 1pm Bridge	29 9am *Exercise  10am BINGO w/Tasha	30 No Bible Study  10:15 *Chair Yoga  1pm Bridge	31 9am *Exercise  10am Senior Walk (Big Room)		
<p>CITY OF TIFTON LEROY ROGERS SENIOR CENTER 315 W 2<sup>nd</sup> STREET-TIFTON, GA 31794 FRAN KINCHEN, DIRECTOR ■ 229-391-9299 ■ fkinchen@tifton.net NATASHA PATRICK, SITE MANAGER ■ 229-391-3956 ■ npatrick@tifton.net</p>			<p><b>*THESE EVENTS ARE OPEN TO THE PUBLIC AGE 50 + ARE WELCOME--PLEASE JOIN US!</b></p>			



But seek first his kingdom and his righteousness, and all these things will be given to you as well.  
Matthew 6:33