



EG 55'n UP Club Calendar

January 2023

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Drop-In Social 9 a.m. to 12 noon The Loft	Drop-In Social 9 a.m. to 12 noon The Loft	Drop-In Social 9 a.m. to 12 noon The Loft	Drop-In Social 9 a.m. to 12 noon The Loft	Drop-In Social 9 a.m. to 12 noon The Loft
Walk 9 to 10 a.m. Lobby	Walk 9 to 10 a.m. Lobby	Walk 9 to 10 a.m. Lobby	Walk 9 to 10 a.m. Lobby	Walk 9 to 10 a.m. Lobby
Drop-in 55+ Functional Fitness 10 to 11 a.m. Canada Hall	Drop-in Move Your Body 10 to 11 a.m. Canada Hall	Drop - in Chair Yoga 10 to 11 a.m. Canada Hall	Granny Squares 9:30 to 12 noon The Loft	Drop-in 55+ Functional Fitness 10 to 11 a.m. Canada Hall
Monthly Programs (see posters) 1 to 3 p.m. The Loft	Bingo 1 to 3 p.m. The Loft	Darts 1 to 3 p.m. The Loft	Drop - in Line Dancing - All Levels 10 to 11 a.m. Canada Hall	Ping Pong All Levels January 6th and 20th 1 to 3 p.m. The Loft
		Euchre All Levels 7 p.m. to 9 p.m. The Loft	Euchre All Levels 1 to 3 p.m. The Loft	Karaoke January 27th 1 to 3 p.m. The Loft

January 2023 Monthly Programs and Special Events

NEW LOCATION

The Loft

MONDAY MOVIE MATINEES

"The Lost City"

Mon, January 9th

Time: 1:00 pm

Location: **The Loft**

Cost: \$0.00

Refreshment:



Tech Help

"Social Media"

cell phone, laptop, tablet

Fri, January 13th

Time: 1:00 pm

Location: **The Loft**

Cost: \$0.00



Lunch & Learn

Medical Emergency

"How You Can Help"

Register in The Loft

Mon, January 23rd

Time: 12:30 p.m.

Location: **The Loft**

Meal: Shepherd's Pie (beef)

light salad

bottled water

Cost: \$5.00



Karaoke PM

A new monthly program.

Let's see how this turns out.

Could be lots of fun.

Fri, January 27th

Time: 1:00 pm

Location: **The Loft**

