

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>1</b></p> 	<p><b>2</b></p> <p>10:30 Shop Rite Northvale 11:00 "Our View" w/Pat 1:00 Line dancing w/Charlese</p>	<p><b>3</b></p> <p>10:00 Literature Guernsey Literary &amp; Potato Peel Pie 11:15 Easy Cleaning Essentials w/Francine 1:00 Bowling w/Yvonne</p>	<p><b>4</b></p> <p>10:15 Trip to Dollar Store Garnerville 10:30 Dinner Theatre Movie- A River Runs Through It 1:00 Stop and Shop</p>	<p><b>5</b></p> <p>10:00 Flex &amp; Stretch w/Marion 11:00 Red Hat Gathering/ Swap Shop 1:00 Orangetown Middle School Italian Club</p>	<p>HAPPY NEW YEAR ***** ORANGETOWN MIDDLE SCHOOL VISITS THORPE JANUARY 5, ***** MEDITATION PROGRAM W/FRANK PAWLOWSKI JANUARY 11, ***** MEDIUM RITA GIGANTI JANUARY 16, ***** RABBI SCHEFF "MOSES THE MAN" JANUARY 23, ***** RED HAT LUNCHEON OLIVE GARDEN JANUARY 23, ***** ALERT AND ALIVE W/ MICHELE OLSEN JANUARY 24, ***** SENIOR LAW DAY JANUARY 26,</p>
<p><b>8</b></p> <p>9:45 History – Martin Luther King 12:45 Ceramics 1:00 Gitty (M.O.W.) Comes to Thorpe</p>	<p><b>9</b></p> <p>9:45 Blood Pressure Screening 10:30 Celebrating Elvis- "68 Come Back Spcl" 1:00 Shop Rite 1:00 Bingo w/Donna</p>	<p><b>10</b></p> <p>10:00 Literature Guernsey Literary &amp; Potato Peel Pie 10:15 Rummique 1:00 Yoga for Intestinal Health w/Marlene</p>	<p><b>11</b></p> <p>10:30 Meditation Program w/Frank Pawlowski 1:00 Tai Chi w/John Hood</p>	<p><b>12</b></p> <p>10:00 Physical Fitness w/Miriam 11:00 Dominos/Cards 1:00 Officers Meet 1:00 Orangeburg</p>	
<p><b>15</b></p>  <p><b>MLK Day Center Closed</b></p>	<p><b>16</b></p> <p>10:00 Medium Rita Gigante 1:00 General Membership Meeting</p>	<p><b>17</b></p> <p>10:00 Literature Guernsey Literary &amp; Potato Peel Pie 1:00 Sonia from Cornell Cooperative Extension Special Program</p>	<p><b>18</b></p> <p>10:15 At the Movies Singin' in the Rain 1:00 Dancercise w/Rafael</p>	<p><b>19</b></p> <p>10:00 Exercise w/Carmen 11:00 "Our View" w/Pat 1:00 Card Game-Trash Orangeburg</p>	
<p><b>22</b></p> <p>9:45 History – Founding of America Series Pt. 1 12:45 Ceramics 1:00 Shop Rite North Vale</p>	<p><b>23</b></p> <p>10:30 Rabbi Scheff Visits - "Moses The Man" 12:00 Red Hat Luncheon Olive Garden 1:00 Bananagrams/ Scrabble</p>	<p><b>24</b></p> <p>10:00 Literature Guernsey literary &amp; Potato Peel Pie 10:15 Rummique 1:00 <b>ALERT AND ALIVE</b> Art Program w/Michelle Olsen</p>	<p><b>25</b></p> <p>10:00 Morning Yoga w/Mary 11:00 Trivia 1:00 Art Techniques w/Sr. Ann</p>	<p><b>26</b></p> <p>10:00 <b>SENIOR LAW DAY</b> West Haverstraw Village Hall (Sign up by Jan 12) 1:00 Tai Chi w/John Hood</p>	
<p><b>29</b></p> <p>9:45 History – Founding of America Series Pt 2 12:45 Ceramics 1:00 Food Town 1:00 Red Skelton Video</p>	<p><b>30</b></p> <p>9:45 Blood Pressure Screening 10:15 The Price is Right w/Francine 1:00 Bingo w/Donna</p>	<p><b>31</b></p> <p>10:00 Literature Guernsey Literary &amp; Potato Peel Pie 1:00 Centering Circle</p>			

The Thorpe Senior Centers Program is a Division of Meals on Wheels Programs & Services of Rockland County