



JANUARY 2022 CALENDAR OF ACTIVITIES & EVENTS

WEEKLY THEME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ROSE WEEK <u>Suggested Movies & Books (B):</u> Beauty and the Beast La Vie en Rose A Court of Thorns and Roses (B) Lost Roses (B)	3 No onsite activities until 1/24/21. 9:00am Chair Yoga (V) 10:00am Arts & History: Roses in Art (V)	4 1:00pm Health & Nutrition (V) 7:00pm Evening Book Club* <i>*Off-site meeting. Email info@mainstcc.org for location.</i>	5 9:00am Chair Yoga (V)	6 9:00am Stretch & Move (V) 10:00am Let's Get Techy (V)	7 12:00pm Contract Bridge 3:00pm Travel: Building Rose Bowl Parade Floats (V)
RESOLUTION WEEK <u>Suggested Movies & Books (B):</u> Resolution New Year The Resolutions (B) A Long Walk to Water (B)	10 9:00am Chair Yoga (V) 10:00am Arts & History: Metropolitan Museum of Art Tour (V)	11 1:00pm Health & Nutrition (V)	12 9:00am Chair Yoga (V) 5:30pm Dining with Friends @ Doc's Smokehouse	13 9:00am Stretch & Move (V) 10:00am Let's Get Techy (V)	14 3:00pm Travel: Top 10 New Year's Travel Resolutions (V)
DREAM WEEK <u>Suggested Movies & Books (B):</u> Selma Boycott The Autobiography of MLK, Jr (B) The Dream King (B)	17 <b style="text-align: center;">CENTER CLOSED <b style="text-align: center;">in observance of <b style="text-align: center;">Martin Luther King Jr. Day	18 10:00am Arts & History: Key Moments in the Civil Rights Movement (V) 1:00pm Health & Nutrition (V)	19 9:00am Chair Yoga (V) 4:00pm Happy Hour @ Oliver's, Edwardsville	20 9:00am Stretch & Move (V) 10:00am Let's Get Techy (V)	21 3:00pm Travel: Selma, AL (V)
FRESH START WEEK <u>Suggested Movies & Books (B):</u> Sunshine Cleaning Mrs. Doubtfire The Life Changing Magic of Tidying Up (B) Spilled Milk (B)	24 Onsite Activities Resume 9:00am Chair Yoga (V) 9:00am Euchre 10:00am Arts & History: Japanese Art (V) 12:00pm Pinochle	25 12:30pm Mah Jongg 1:00pm Health & Nutrition (V)	26 9:00am Chair Yoga (V) 9:30am Write Your Own Story 1:00pm Paralegal Services* 7:00pm Tai Chi	27 9:00am Stretch & Move (V) 10:00am Let's Get Techy (V) 12:00pm Pinochle	28 1:00pm Bingo 3:00pm Travel: Tokyo Tour (V)
	31 9:00am Chair Yoga (V) 9:00am Euchre 10:00am Arts & History (V) 12:00pm Pinochle		Programs listed with a (V) are virtual programs. The links are provided on our website and Facebook page: www.mainstcc.org/programs or facebook.com/mainstcc . *RED starred events are in-person by appointment. Call the Center to schedule: 618-656-0300. If you have questions, contact the Center: 618-656-0300 or info@mainstcc.org.		

