











P.O. Box 993
Columbia, TN
38402-0993

Brenda Grimsley: Director
January 2012

Columbia Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>CENTER CLOSED</p>	<p>3</p> <p>8 Rook 9:30 Golden K 10 Health Ed. Lifecare 10 Blood pressure/Q. F. 10:30 Int. Computer class 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Genealogy Computer Class</p>	<p>4</p> <p>8 Medicare Counseling 8:30 Canasta 10:30 Trivia w/Penny Heritage Funeral Hm. 11 Kroger Bingo 11:30 Lunch 1 Bridge</p>	<p>5</p> <p>9 Life Care B/P 9:30 Arthritis Exercise 10:15 Health Info 11 Kroger Bingo 11:30 Lunch 12 Unit 44 1 Bridge 1&2pm Fleet 44 & DAV 6 pm Wagon Wheelers</p>	<p>6</p> <p>10:30 Health Education with Behavioral Healthcare 11 Kroger Bingo 11:30 Lunch 6 pm Chess Club</p> 
<p>9</p> <p>9 Line Dance Class 9:30 Phase 10 card game 10 Senior Citizen Gospel Group 11 Kroger Bingo 11:30 Lunch 1:30 Line Dancers go to NHC Columbia 6 pm Cardio Yoga Class</p>	<p>10</p> <p>8 Rook 9:30 Golden K 10:30 Int. Computer Class 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class 6 pm Master Gardeners</p>	<p>11</p> <p>8 Medicare Counseling 8:30 Canasta 10:30 POTLUCK ABC's of Skin Care & Skin Screening 11:30 Lunch 1 Bridge</p> 	<p>12 8:30 - 2 Flu Clinic </p> <p>9 Life Care B/P 9:30 Arthritis Exercise 10:15 Health Education W/Maury Regional Fd. 11 Kroger Bingo 11:30 Lunch 1 Bridge 6 pm Genealogy</p>	<p>13</p> <p>8:30 Rook Tournament with NHC Columbia 10 Gospel Songs with Ron Perry 10:30 MLK Program 11 Kroger Bingo 11:30 Lunch 6 pm Chess Club</p> 
<p>16</p>  <p>CENTER CLOSED</p>	<p>17 8 Rook 9:30 Golden K 10 Birthday Party with Super Senior Singers 10:30 Int. Computer Class 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class 6 pm Bridle & Saddle</p>	<p>18</p> <p>8 Medicare Counseling 8:30 Canasta 9 Blood Pr. M.R.H.H. 10 Pool Tournament with Signature H. Care 11 Kroger Bingo 11:30 Lunch 1 Bridge</p>	<p>19 9 Life Care B/P 9:30 Arthritis Exercise 10:15 Health Info 11 Newcomers Meeting 11 Kroger Bingo 11:30 Lunch 1 Bridge</p> 	<p>20</p> <p>8:30 Canasta Tournament With Morning Point 10 Red Hat Party 10 The Praisers 11 Kroger Bingo 11:30 Lunch 6 pm Chess Club</p>
<p>23</p> <p>9 Line Dance Class 9:30 Phase 10 card game 10 Senior Cit. Gospel Gr. 11 Kroger Bingo 11:30 Lunch 1 Senior Cit. Gos. Group Sing at Poplar Estates 6 pm Cardio Yoga Class</p>	<p>24 8 Rook 9:30 Golden K 10 Wii Tournament With NHC Hillview 11 Kroger Bingo 11:30 Lunch 1 Computer Class 3 Gen. Computer Class</p>	<p>25</p> <p>8 Medicare Counseling 8:30 Canasta 11 Kroger Bingo 11:30 Lunch 1 Bridge</p> 	<p>26 9 Life Care B/P 9:30 Arthritis Exercise 10:15 Health Info 10:30 Trivia/Health Ed. With Life Care of Centerville 11 Kroger Bingo 11:30 Lunch 1 Bridge</p>	<p>27</p> <p>10 Ron Perry - Singing 11 Kroger Bingo 11:30 Lunch 6 pm Chess Club</p>
<p>30</p> <p>9 Line Dance Class 9:30 Phase 10 card game 10 Senior Citizen Gospel Group 11 Kroger Bingo 11:30 Lunch 6 pm Cardio Yoga Class</p>	<p>31 8 Rook 9:30 Golden K 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p>SCTDD SHIP (Medicare) PROGRAM EACH WEDNESDAY APPOINTMENT ONLY ***** 7:45 A.M. DAILY WALK WITH EASE ***** 8:30 DAILY CARDS-COFFEE-POOL</p>	 <div style="border: 1px solid red; padding: 5px; margin-top: 10px;"> <p>When you see the cans, that means we'll have a drawing for free groceries on that day.</p> </div>	<p>BLOOD PRESSURE CHECKS 1st Mon. NHC Home Care 1st Tue. Quality First H.C. 3rd Wed. MRH Home Care Every Thursday Life Care</p> 