

Columbia County Senior Services
 Lifestyle Enrichment Center
Lifestyle Enrichment Center – 628 S.E. Allison Ct: Lake City FL 32025 – (386-755-0235)
 www.ccseniors.com

January 2018						
◀ Dec 2017						Feb 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Closed	2 Caretenders-blood pressure	3 Pearl Reed entertainment	4 National Trivia day Pearls 9:00 Family caregivers sup. Group training 9:00	5 Friday night dance- 6 TO 9	6
7	8	9	10 Kenny Burt entertainment	11 Caregivers group 10:00	12 Friday night dance 6 TO 9	13
14	15	16 SHINE- 9-12 Nutrition class – 12:30- 1:15	17 Leroy Newton entertainment	18 Martin Luther King Birthday Wealth of information 3 to 7 Pearls 9:00	19 Friday night dance 6 TO 9	20
21	22	23	24 Martingales entertainment	25	26 Friday night dance Bingo Pizza party	27
28	29 National Puzzle day	30	31 Bob Denny entertainment JAN. Birthday party	Bingo winner meals- 1/15 – KFC 1/ 29 – Captain D’s Don’t miss the Wealth of information 1/18		

Columbia County Senior Services
Lifestyle Enrichment Center
Regularly Scheduled Weekly Events (By Day)

Monday

8:00-11:30 – Fitness Center
8:45-9:30 – Breakfast – DR
10-11:30 – Craft Class - AR
10-11:30 – Cards - Lib
11:45-12:45 – Lunch - DR
12:45-1:30 – Bingo – DR
1:00 -?? – Bridge Players – RR
1:00-3:00 – Woodcarvers – AR
1:30-2:30 – Flex Yoga – DR

Tuesday

8:00-11:00 – Fitness Center
8:45-9:30 – Breakfast – DR
10:00-11:30 – Crochet Class - SR
10:00-11:30 – Ceramics - AR
10:00-11:30 – Cards - Lib
10:30-11:30 – Bible Study – SR
11:45-12:45 – Lunch – DR
12:30-1:30 – Geri-Actors Theatre Practice – RR
3:00 – 4:00 – Tai Chi – DR
12:45 – 1:30 – Ladder Ball or Lawn Dice
with Kathy - DR
1:30-2:30 – Dancerobics – DR

Wednesday

8:00-11:30 – Fitness Center
8:45 – 9:30 – Breakfast – DR
10:00-11:30 – Jewelry Class – AR - \$6
10:00-11:30 – Basic Quilting Class - SR
10:45-11:30 – Live Entertainment or
Birthday Luncheon
12:45-1:30 – X Box Bowling – DR

Thursday

8:00-11:30 – Fitness Center
8:45-9:30 – Breakfast – DR
10:00-11:00 – Chair Volleyball
or Alternate Activity - DR
10:00-11:30 – Cards - Lib
10-11:30 – Plastic Canvas Class
w/Ms. Levy - AR
11:45-12:45 – Lunch – DR
12:30 1:30 – Movie - MM
12:30-1:30 – Geri-Actors Theater Practice
w/Frank - SR
3:00 – 4:00 – Tai Chi – DR
1:30-2:30 – Flex Yoga - DR
1:00-2:15 – Beginning Computer Class - RR
2:30-3:34 – Advanced Computer Class - RR

Friday

8:00-11:30 – Fitness Center
8:45-9:30 – Breakfast – DR
9:30 – 10:30 Painting class AR
10:00-11:30 – Cards - Lib
10:30-11:30 – Kitchen Band Practice - DR
11:45-12:45 – Lunch - DR
12:45-1:30 – Bingo - DR
1:30-2:30 – Dancerobics – DR
7:00-10:00 – Friday Night Dance - \$7.00