

ANTELOPE VALLEY SENIOR CENTER ACTIVITY CALENDAR

JANUARY 2024

ACTIVITIES

**CHAIR YOGA W/
BETTY**

**TUESDAYS &
THURSDAYS AT 11 AM**

QUILTING CLASS

**THURSDAY, JAN. 4TH
@ 10AM**

BINGO

**FRIDAY, JAN. 12TH &
26TH @ 12:30 PM**

IMACA FOOD DISTRIB.

**THURSDAY, JAN. 25TH
@ 10 AM**

SUN	MON	TUE	WED	THUR	FRI	SAT
31 	1 <u>CLOSED</u> New Years Day	2 CHAIR YOGA @ 11 AM	3 CHAIR YOGA @ 11 AM	4 QUILTING @ 10 AM	5	6
7 	8	9 CHAIR YOGA @ 11 AM	10 CHAIR YOGA @ 11 AM	11	12 BINGO @ 12:30 PM	13
14	15 <u>CLOSED</u> M.L.K .DAY	16 CHAIR YOGA @ 11 AM	17 CHAIR YOGA @ 11 AM BIRTHDAY LUNCH	18	19	20
21	22	23 CHAIR YOGA @ 11 AM	24 CHAIR YOGA @ 11 AM	25 IMACA FOOD DISTRIB. @ 10 AM	26 BINGO @ 12:30 PM	27
28	29	30 CHAIR YOGA @ 11 AM	31 CHAIR YOGA @ 11 AM			

FOR LUNCH RESERVATIONS PLEASE CALL 530-495-2323

24 HOURS IN ADVANCE