

January 2024

Forward Club House
Monday–Friday 1-5:30,
Saturday 10-5:30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch at 1	Lunch at 1	Lunch at 1	Lunch at 1	Lunch at 1	6th Quiz Time 10:30-11:30 Comedy Hour 11:30-12:30 Lunch at 1 Chess Tournament 2-4 Canasta & Crib 4-5:30
Music Fun 1:30-3	Stephen's Stories 1:30-2:15	Baking Fun 1:30-3	Women's Group 1:30-2:30	HUG meeting 1:30-2	13th Meditation 10:30-11:30 Comedy Hour 11:30-12:30 Lunch at 1 Chess Tournament 2-4 Bingo 4-5:30
LGBTQ+ 3:30-4:30	Get Moving 2:30-4:30	Men's Group 3:30-4:30	Meditation/Gentle Stretch 2:30-3:30	Writing Circle 2-3	20th Discussion 1-:30-11:30 Comedy Hour 11:30-12:30 Lunch at 1 Chess Tournament 2-4 Canasta & Crib 4-5:30
Dinner 5-5:30	Coffee House & Games 4:50-5:30	Dinner 5-5:30	Docs in the Den/ Coffee House 4-5:30	Mexican Train 3-4:30	27th Relaxation 10:30-11:30 Comedy Hour 11:30-12:30 Lunch at 1 Chess Tournament 2-4 Bingo 4-5:30
CLOSED MONDAY JANUARY 1st	House is open daily from 10-1 for Quiet Time/Reading/ Meditation	Lunch served daily at 1pm. Dinner served Mondays, Wednesdays & Fridays at 5pm	Music with Rebecca on Tuesdays 9th & 16th from 11:30- 12:30		